

Gandhi Memorial College Of Education Bantalah Jammu

# DRISHTI

AN ASSORTMENT OF ESSAYS

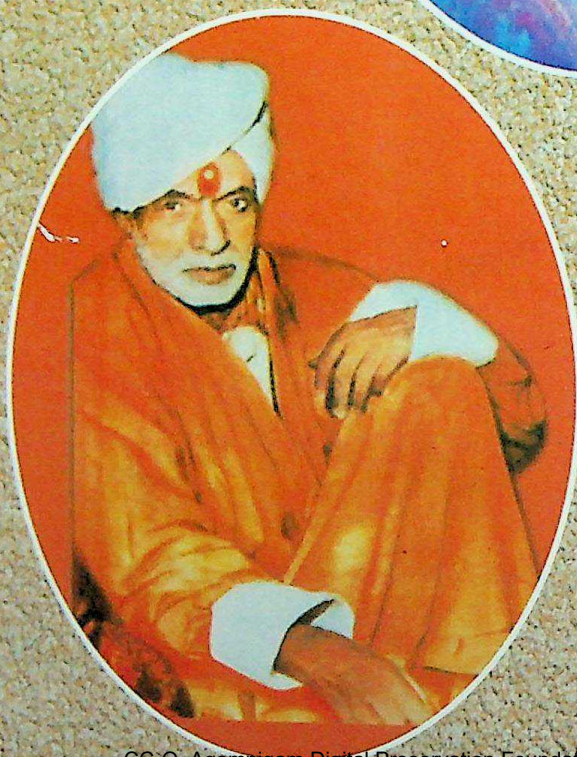


MAUJ KASHIR

माँज कशीर

Prof. J. L. Sher







# DRISHTI

Jawahir Lal Sher

G.M. College of Education  
Raipur, Bantalab  
Jammu

Acc. No. 9291  
Dated 19.3.10

G.M.C.E.J



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DRISHTI

Jawahir Lal Sher

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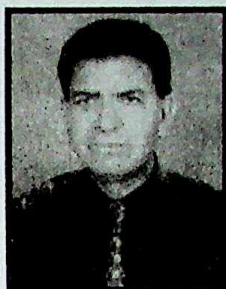
No.

Dated.



# Meet

Philan Thropist



Social Activist

Ubiquitous Samaritan of Kashmiri Pandits

KUNDAN KASHMIRI

*Originally known as Sh. K. L. Bhat*

E-104, Satisar Apartment, Plot No. 6, Sector - 7, Dwarka,  
New Delhi - 75

My ideological co-partner in conceiving and wishing a prosperous future for our for-lone community in exile.

**A multifaceted personality:-**

- a) Resident Editor "Martand" Delhi.
- b) General Secretary / Chief Spokesman of ASKPC Delhi.
- c) Recipient of Presidential award for meritorious and outstanding work done for national security.
- d) A prolific writer of eminence.
- e) An acknowledged social activist.... Par Excellence.
- f) Earned accolades for his immense contribution to the community cause.
- g) His services towards the exiled community have been monumental

**I SALUTE FOR HIS DEDICATION AND LOYALTY !**

**Jawahir Lal Sher**  
(Author)



## Review :

Drashti is a collection of published and unpublished articles which are bound to arouse reader's interest inasmuch as this holistic appearance. Prof. J L Sher has thrown up serious issues confronting the community in the changed conditions. The articles fall into different categories according to the targeted audience and themes. Each of these forward a couple of cogent reasons for self assessment. A shared thematic structure has been employed to help the texts exist as a unity.

"My concern for the community" is the central ideas of Prof. Sher's writings. The responsibilities of the youth and adults for cultural flowering; retrospection of socio-political system; student life; post migration miseries and pain leading to a stressful life; meditation and peaceful life; kashmiri pandits organizations community goals; are some of the issues the writer has addressed.

Prof. Sher uses a vibrant tone. A special lexical arrangement is used to satiate his vigorous flow of thoughts. Collectively, these writings present a fine collage of the community's struggle for survival.

**C. L. Kaw (M. Phil)**

Lecturer in English (retired)

Gen. Secretary

Kashmiri Pandits Cultural Society

Kongposh Jain Nagar, Rohini, Sec - 22, Delhi -81



## Review :

Great persons of thought usually are thrown in the mainstream after great tragedies. The holocaust of vale of Kashmir unprecedented in its ferocity with which a hapless community was mauled by the wolves of terror is symbolized by the upsurge of intellectual thought which depicts the hurt, pain and trauma hitherto, unheard of.

If requires an indomitable will to highlight the event background and our own Lacunas as a community to visualize and anticipate events that led to Catastrophe of unimaginable magnitude.

Prof. Sher who deserves to be the real soul of our intellectual forum has ingrained mastery over words which flow from unpolluted thoughts, having an unblemished career of integrity, fair judgment and indomitable will to project the predicament of our community. The flow of thoughts in his write-ups is both forthright and exemplary. His compiled Assortment of Essays....."Drishti" reflects his in-depth understanding of various problems, arisen out of unexpected exodus and its multiplier effect on the survival of the community. He has meticulously highlighted the pathetic indifference of powers that be both at centre and state levels for the curse of the beleaguered community, where day - to - day issues of our survival are brazenly side - lined and consequently get obliterated.



In projecting the historical, religious, spiritual and above all demographic contours of our persistent malady with his razor sharp intellect and poetic genius, he will be remembered now and hereinafter.

I salute to his single minded acumen inspite of grossly inclement health and endeavours and hope this will go a long way to understand and reverse the predicament of the community.

**Dr. M. L. Wali**  
Ex-president  
Kashmiri Hindu Association Rohini



## Book Review :

Some are born great. Some achieve greatness by dint of their dedication, devotion, struggle and hard work to carve a place of honour for himself. Mr. Sher is one, among such great personalities who need no introduction. Mr. Sher is a known personality, a prolific writer of eminence gifted with an art of using words and dressing them in sentences to give it an ornamental style. His writings not only appeal to the senses but also leave an indelible impression on the mind to last forever.

His book titles "DRISTI" An "Assortment of Essays" is a unique book which amply throws light on the various problems culminated, due to forced exodus to our community. All these essays are worth reading, understanding and thought provoking. Each essay is in itself a storehouse of information. Mr. Sher with his in-depth study, has been able to describe it in the simplest form. This book is a complete reflective index of all eventualities which we were made of suffer, calibrated from outside, meticulously planned and executed with a malice mind to weaken the De-facto and De-jure powers of the centre.

I am sure this book will serve as a factual documentary evidence for the progeny to understand the ground reality of our exodus, as it comes from the pen of an imparital viewer and sufferer.

I bow my head with reverence for his devotion and art of spreading message to community in-exile.

**Kundan Kashmiri,**  
E-104, Satishar Apartment  
Dwarka, New Delhi - 110074



A throt.....Mochhifol

## "Movement for raising funds"

When thoughts are brought into action, a stronger  
Karmic record is created.

### AS THEY SAY :-

" Sow a thought

Reap an act,

Sow an act

reap a habit,

Sow a habit

reap a character,

Sow a character

Reap a destiny."

The author plans to donate, maximum money collected from the sale of this book "Drishti" An assortment of essays to be distributed among the urgently needing financial help, institution and groups working in the community to promote community's interest for its survival.

So author appeals to all his readers to donate generously, as donation for community and social cause is the greatest service to aloft the flame of our distinct culture, religion and identity.

**Jawahir Lal Sher**

(Author)



## *Why book named Drishti*

Commoners say what lies in the name ? Give it any, which suits you, but I carry a firm faith that name denotes the sum and substances, which it means to convey to its readers.

Drishti (eyes) are the windows of the soul through which we take in and give out a lot of information, however small or subtle they may be. It is through the eyes that we see the world and respond to it. Of all the sense, the eyes are the most active and influential sense organ. We can express our deepest emotions through the eyes quite clearly and powerfully. Eyes cannot lie. They reveal our deep rooted feelings, however hard we may try to cancel them.

I recollect a wise saying which is as under :-

"Jaisee Drishti.....Vaisee Shristi" means the world seems good or bad depending on our attitude or belief. God is the one who gives us the third eye of wisdom. Our drishti can change the shristi from the present veritable Hell to Heaven.

Our community is passing through a turmoil and is being transformed into a changed scenerio. It needs vision direction escape or ward off from the catastrophe. The book "Drishti" "An assortment of Essays" is a reflective index of what we lost in various fields. My attempt has been to identify the multiple problems arising out of this new scenerio and find solution to the satsiation of the community wellbeing.

I believe our community youth have the capability and energy to wake up to solve social problems and make



a real sustainable change in the community. Writing for the community problem and highlighting them to arrest attention is a labour of love and a great service towards the community. This book will serve as a source book in understanding the ground realities of our exodus, culminating to various problems for the progeny to know actual conditionalities as it comes, from the pen of an impartial writer who was a victim and sufferer of this exmass exodus.

**Jawahir Lal Sher**

(Author)



# Preface

---

Ever since 1947 i.e Partition of India, Kashmir has been a bone of contention between India & Pakistan and each divided part of country wanted to gobble up the state on one pretext or the other. Pakistan claiming that they are incomplete without Kashmir, as it is a Jugular vein beside principle of contiguity, and a Muslim dominated state. Attempt was made by sending "Kabailies" to grab it in 1947 but they could not be successful as the people under the stewardship of Sheikh Mohd. Abdullah resisted their nefarious designs. India claiming it's legal right on the basis of accession made with the Indian Union by the then Maharaja of Kashmir, Hari Singh, ratified by the then popular Leader **Sheikh Mohd. Abdullah**. Kashmir had been an eyesore and a boiling point of controversy, as well as a melting point of Ideas. Pakistan had a malicious design to grab it by fair means or foul. As far as it was administered well by shrewd politicians who carried the mandate of the masses, the separatists fuelled, funded and aided by Pakistan could not raise their ugly head by creating a wedge in dividing the Hindu, Muslim communities on religious basis and inventing other excuses.

They were in search of an opportunity, to weaken the administrative structure and paralyse the administration of the state. The separatists got an opportunity to spread their malicious, nefarious designs to create a wedge only when they methodically and wisely manipulated the situation, exploited the innocent



masses and were able to break the century old ties between the two communities who lived in perfect peace and harmony. When the administration passed on, in weak, corrupt and incompetent hands, the separatists vitiated the otherwise congenial atmosphere, when they entered meticulously the corridors of administration, raising redundant issues and completely paralysing the administration from within and outside. Govt. inaction, mismanagement created a condition of terror, uncertainty, fear and planned brutalised killing of Kashmiri Pandits on the pretext of Indian agents and secular leaders among Muslim and Hindus were mercilessly gunned-down which created conditions of uncertainty. It was well engineered by Pro-Pakistani separatist elements who were so far dormant, waiting for an opportune time to surge and had active support aided and provoked by separatists who indoctrinated innocent youth to rise, and revolt by raising farcical and superficial issues. The whole drama was well-articulated, well-knit that it caught the then Govt. at the helm of affairs, unaware and a reign of terror, conditions of uncertainty was visibly seen. Peaceful living was made impossible under such threatening situation. So my community which was meek, peace-loving, docile & submissive had no option but to flee, thinking it a transitory period for saving their lives and honour of their family who otherwise would have been massacred by indoctrinated youth who willy-nilly wanted to gobbleup the state, whatever be the means.

The fearful uncertain conditions created by terrorists made 90% of the Kashmiri Pandit population and a part of the Nationalist Muslims to migrate till the conditions were made conducive for their return for which our community had been waiting in-exile for the last 20 years, in succession.



Alas! The land of sages and savants stood ravaged by violence and hatred. The religious tolerance disappeared. Central govt. issued naïve statements, exhibited imbecility, studiously avoided formation of a cogent policy by accepting unviable demands of the terrorists. The international political dissensions and disillusionment in the valley as well as heightened, consciousness of religious identity provided a fertile backdrop. None, was ready to save us from the on-slaughter which culminated in our en-mass migration. My community was left with no option but to leave home and hearth and turn refugees within their own country. These, my write ups are a true reflection of my pent-up emotions which I like to pass on to my progeny as a repository factual documentary evidence for my youngsters to understand the ground reality and move ahead to achieve the objective for which we have been striving.

In my pursuit for truth I feel highly obliged and indebted to the members of my family including my brothers, friends, well wishers along with think-tanks of the community hailing from all corners of the country and even from abroad, who encouraged me to bring to lime-light the factual position in respect of state, centre and the attitude of our community leaders. I am equally thankful to the acknowledged leaders of my community who patronised me by publishing my write ups in various community magazines and newspapers. I received overwhelming support from all quarters, individuals in hundreds to whom I feel, indebted for their encouragement and unqualified sympathy, which too boldened my spirit to march ahead fearlessly, inspite of my fragile decaying health, and body constitution caused due to the concern for the community.



It will be grossly unfair, if I donot acknowledge the unlimited guidance and support, both moral and otherwise of my friend namely Dr. M. L. Wali who has relentlessly gone throughy the entire text, giving very fruitful suggestions wherever necessary. Suggestions and valued advice of Sh. Chand Narain Malla & Shri P. N. Kaul, the other members of the intellectual forum at Rohini is warmly acknowledged.

I shall fail in my duty, if I do not mention and thank Mr. Kundan Kashmiri a social activist who provided me moral support and even helped me in collecting certain information, which I urgently needed in my writeup.

**Jawahir Lal Sher**

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Sector - 9, Rohini - 85, N. Delhi



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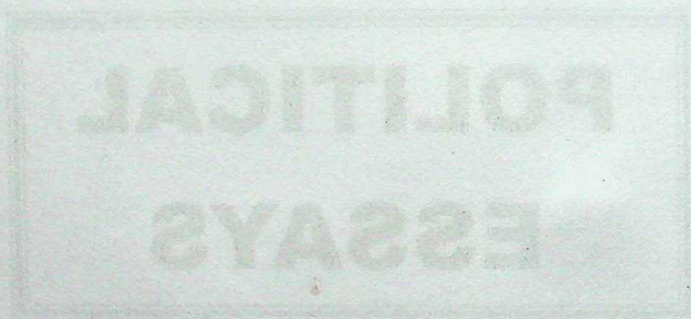






# **POLITICAL ESSAYS**







# Supreme Court – the only hope of our honourable survival PART-I

---

At the outset all right thinking saner members of the community are indebted to those individuals, groups, associations who had been instrumental in making our leaders to realize the urgency to move Honorable Supreme court for the redressal of our grievances, for which we had been crying at the house top for the last 17 years in exile. During all these 17 years of Peaceful nonviolent struggle, we have utilized all democractic channels, but all attempts proved futile. Past experiences have made us to believe that we remain unheard, uncared and a forlone lot. None is ready to hear us, probe, into our story of atrocities, extend help politically and socially. Our community is in a state of melee, doldrum, confusion, hoping against hope. The only option left is to seek justice through the highest court. We repose complete faith in its sanity, impartially as it favours none evaluates justice and believes in deliverance of justice to whomsoever it may effect. We had only a source of justice to rely upon that was central Govt.. but the centre itself functions at the mercy of such groups, parties who have their own opinion centered around their vote bank. The framers of



our constitution had rightly visualized a situation when need would necessitate all the three organs to work judiciously subject to check and balance system. We all know how parliament transacts business. There is confusion, authoritarianism and even well needed legislation is not passed in right direction. Present Govt. is operating under all pulls and pressures. All parties, groups, fight exhibiting their bankruptcy of mind deeds and actions. All parties, groups play a game of over-witting others. Our microscopic community had been under losing end, and crushed under political compulsion. We have lost all hope expecting no justice from any quarters. The puppet installed leaders speak in different tones at different occasion to befool centre and Pakistani elements have been so courageous to set aside our sovereignty and speak in terms of demilitarisation, soft borders self government. They have turned bold to make our administrative mechanism, unworkable, unfunctional and biased. We are living in a sham-democracy, where every party proclaims to be a defender of justice but only express Lip-talk sympathy. Even our patriotic leaders, to whom we consider wisest of the wise keep mum for fear of their vested interest and never give vent to their views. We are woven to a secular ethnic culture, taught and lead in an atmosphere of thinking ahead of times, cultivating no grudge, malice towards none, but be loyal and honest towards our motherland, unmindful of any sacrifice and never think of anything detrimental to our nations pride. It speaks in volume of our vision in-grained wisdom, inherited from our ancestors. I consider my community wiser, well timer, path finder & beacon light for others to follow. Though we are temperamentally individualistic in our thinking & action, yet I attribute it to a broader vision to eliminate direct confrontation and achieve a determined goal. Had



we not migrated peacefully we would have lost much more in proportion to what we achieved. Our tormentors would have over witted us by killing two birds with one stone. By our policy of wisdom we reversed the well manipulated scheme of annihilating the community. We do not live in realm of fantasy but act, in the present, in the realistic conditionality.

There was no option left but to approach the honorable supreme court- a force to reckon with. It amount to no conflict, physical or political bcwl, but asking to dispense justice is our fundamental right. The wisest policy under such conditions was to explore the possibility of getting justice from the highest judiciary as time have proved that it has a track record of deliverance of justice, favouring none but weighting legality, surpassing other element.

The details of the writ petition filed was published in Bangalore based "AALAV" magazine and "NAAD" magazine published from Delhi. Please go through the content. All such prayer are based on logic, justified factual realities, needing immediate attention for justice for the forlone community - in -exile Every one of the community members should make it a point to consider it as an individual case, collect all material evidences of atrocities, submit it to the right quarters to be appended with the case file. We have to be realistic and understand the ground realities, leaving aside opportunism. Be practical for the community, repose trust in judiciary and the writ petitioners, who have a divine-vision. Be optimistic rational and the saner elements should have firm faith in the deliverance of justice, whenever it comes out. The decision will be striking, rewriting the history afresh correcting all misnomers, misconceptions and



reversal of all misdeeds, done by the previous Governments.

Let all of us, thank the writ petitioners to bring to lime light the misdeed, of the tormentors and create awakening among common masses for a joint cause, noble to all of us.

Thanking you in anticipation.



# Supreme Court – the only hope of our honourable survival

## PART-II

---

In continuation to my previous write up, nothing seems to have changed. We remain unheard, uncared and none among the Indian Polity is ready to hear us and probe into our story of atrocities. Ours, is a sordid tale of total neglect. My community is in a state of melee, doldrum, confusion, hoping against hope. People are losing patience. They are fed up with the homilies traded by politicians.

Sensing Luke warm response, the timely decision of the think tanks, saner elements to seek justice through the highest court was hailed by all members of the community. The savant community reposes complete faith in its sanity, impartiality as it favours none but evaluates justice and believes in its deliverance, to whomsoever it may strike. The wisest policy under such consideration was to explore the possibility of seeking justice from the highest court as time has proved that it has an unblemished record of deliverance of justice favouring none but weighting legality, surpassing other considerations. There was no option left, but to approach



the Hon'ble Supreme Court to mitigate our sufferings. It amounts to no conflict, physical or political bowl but asking to dispense justice, is our fundamental right.

The details of the writ petition filed has been published in Bangalore based "Aalav" and "Naad" magazine published from Delhi. Please go through the contents raising 17 demands, besides a demand to declare the exiled Kashmiri Pandits community as internally displaced persons or refugees under the charter of the United Nation. The writ petition is meticulously and skillfully drafted by luminaries adept in the field. It is a writ petition filed on behalf of the community and not an individual one. Every one of the community members should make it a point to consider it as an individual case, collect all material evidence of atrocities and submit it to the right quarters to be appended with the case material. We have to be realistic and understand the ground realities, leave aside opportunism. Be practical for the community, repose trust in writ petitioners who have a divine vision. Let us be optimistic, rational and repose firm faith in the deliverance of justice, whenever it comes out. The case is at a hearing stage. Be sure, the decision will be striking, rewriting the history afresh, correcting all misnomers misconceptions and reversal of all misdeeds. Let us be brave, optimistic, tolerant and repose trust in some individuals or groups, fighting for the cause of the community.

It is unfortunate that a few self styled leaders among us float canards to mislead the innocent masses for their myopic opportunistic politics. They still want the community to live a life of ignominy. These are enemies of the community. They need to be identified and isolated. Such elements debase us collectively.



I appeal to all individuals, groups, sabhas, samitis, all and sundry to fully support the writ petitioners and extend all possible help in accomplishing stupendous assignment of the community.

Let good sense prevail upon us to shun egoistic attitude and prove our credential as a "wisest of the wise" human beings called "BHATTA".







# Leaders - Then and Now

---

India have produced a galaxy of worthy leaders in all fields of human life, who carried the tag of having the mandate of the all countrymen, naming a few politicians are, Mahatma Gandhi, J.L. Nehru, Subhash Chandra Bose, Lokmanya Tilak, Abdul Kalam Azad, Jai Prakash Narayan, Indira Gandhi, L.K. Advani and others the list is endless. Often a question haunts my pensive mind, Do we need a leader and in what field? Instantly the mind answers. We surely need a leader in political, social and economic fields, as leaders are in fact path finders for us to lead us to our destination. Without them we are directionless, rudderless and feel galloping in darkness. Such leaders have a strategic thinking with an ability to energise others and inspire the followers to move mountains. They have the edge and the courage to make tough decisions. They have a vision, a commitment which they value more than their life. They represent popular sovereignty and can execute any decision, which benefits the common masses. Their attitude is more friendly, well-meaning not authoritarian, but cooperative, friendlier. Such leaders have a lot of endearment, fondness and assimilation which is their watch word.

But we see, except a few, most of our present day leaders are pranksters, trendy and exploiters. Domination is their special trait, creation of a regiment of hoodlums



loyal to them, finishing opponents, following coercive method, creating terror like situations, nepotism, casteism, favoritism is their watch word for turning self "DON" over and above the law of the land.

Such leaders are in fact detractors, damagers to the overall interest of the community and country, as they divide the country on communal lines, create a wedge among countrymen and weaken the secular fabric of the country. Such leaders are to be identified and isolated from the Indian polity, if we want country, to move ahead. Elite and common population have to differentiate between the leaders they want and trendy they have to distance away.



19<sup>TH</sup> JAN, 1990 – “A HOLOCAUST DAY”

# The Blackest Day in the History of Kashmir

---

There are certain unforgettable remembrances of the past which leave an indelible imprint on the minds of the peoples make up and compel them to reshape their mindset in a changed scenario. Such an ugly, unethical event was witnessed on the fateful night of 19<sup>th</sup> January' 1990 and intellectuals, have coined a suitable, appropriate name, befitting the situation and named it as “A HOLOCAUST DAY” in the history of Kashmir. Naming 19<sup>th</sup> Jan. 1990, as a holocaust day is appropriate, wisely worded to convey its meaning in entirety to the outsiders. It was the day of turbulence when the wall of trust between Hindus and Muslims fell down, all of a sudden and turned into rubble. There was none among the politicians who could rebuilt it with the stones and bricks by renewing faith afresh between these two communities, even upto this date. Kashmir witnessed a frenzy temperamental change leading towards madness, insanity, culminating in unexpected behavioural change in their mindset, led astray by foreign incursions, and betrayal of faith.

There was a deep rooted conspiracy hatched to create hatred, suspicions between the two communities. It was not practicable till there was a responsive Governance. The separatists could not create politically a wedge. They



had conceived an evil design to vivisect the state. So they manipulated conditions of uncertainty, terror, fear and stupor among the otherwise, simpleton populace, of the valley, who used to live in perfect peace and harmony for centuries. When the political masters turned puppets, regulated by remote control then they got the opportunity to scheme out a policy to Gobble-up the state, create a communal divide, a wave of hatred and suspicion among the rank and file. The majority was tutored in symbolic dialect, not understandable to all which was meticulously passed-on and it took the whole govt. unaware, when a section of the fundamentalists rose in revolt and created a conditionality of insecurity towards commoners who opposed their nefarious designs. They had to flee for safety of their lives and honour of their families.

This day every year is observed with great solemnity through out the world to commemorate the **seventh** exodus of our community from Kashmir. Public memories are short and with the passage of passing years, the event is forgotten. The need arises to recollect the sad experience so that survival of the community is assured of life with dignity, wherever they live. We have to condemn the continuous act of terrorism and the plight of the suffering Hindus at the hands of terrorist organizations. We observe this day, every year to renew the pledge of the community to correct the misdoings towards the community by tormentors as well as so called saviours. This day is also observed to appraise the nation about the dangers posed to its unity and integrity and expose the secular fabric of Jihadi extremists. We, as patriotic nationalist force have a moral obligation to exhibit our concern over the security of other Indian units in a federal structure. We are living in a sham democracy and the political masters have failed to protect the



nationalist forces and minorities in the valley. Central Govt. has stooped to these forces who are responsible for the death and destruction of Pandits. Migration may have physically made us disabled but psychologically we must be alert. Foreign incursions caused political strife, which disturbed the social and religious lives of the people. We have to admit that the managers running the national polity have failed us. It is to the discredit of political masters that severe aberrations have crept-in, resulting in such a chaotic fluid situation.

We have different organizations spread all through the Globe to express our resentment. No doubt, ways followed are situational, but the objective of all organizations is similar in creating awareness. Different non-violent ways are adopted to demonstrate our pent-up emotions like wearing black headbands, black badges, as a mark of protest to mobilize public opinion against anti-nationalist forces.

Let us all make a pledge that we continue protesting, demonstrating our anguish till we are properly heard and justice delivered.

We will not yield till our tormentors are willing to provide us a political space, representation or a voice and a conducive security environment to live in at our ancestral homes with peace and security.







# Judicial Activism- A Bane or necessity of circumstances

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I salute with reverence great personalities of by-gone days, architects of the Indian constitution who had a prophetic vision, worldly wisdom, exhibiting their par-excellence mental-calibre. They created three organs of Govt. and each organ was allotted constitutional power to maintain a check and balance system. The constitution armed the Apex-court (supreme court) to quash any executive decision which violated fundamental rights under article 32[1], and article 32[2] including writs of the nature of HABEACORPUS, MANDAMUS, prohibition, QUO-WARRANTO, and CERTIQUVARI for the enforcement of any of the rights conferred by part III of the Indian Constitution. The Supreme Court has realised its role in a welfare state and feels in creating a sense of responsibility in public authorities, exercising enormous power under the constitution of the land. It aims at transforming the whole society as an ordered and crime-free society, check the lethargy of the legislature and inefficiency of the executive. The judiciary would certainly be able to minimize, if not completely stop, the abuse of power by public authorities

The traditional rule of 'Locus Standi' that a petition under article 32 can only be filed by person whose



fundamental rights has been infringed, has now been considerably relaxed by the Apex-Court in its recent ruling. The court now permits public interest litigation or social interest litigation at the instance of public spirited citizen for the enforcement of constitutional and other legal rights of any person or group of persons who, because of their poverty or social or economic position are unable to approach the court for relief, subject to this condition that the appellant has a bonafide reason or not any personal gain or private profit or political motivation. It is clear from article 32[1] that whenever there is a violation of a fundamental right of any person, he can move the court for an appropriate remedy. Many Public Interest Litigation of social motive were admitted and decision drawn. A few among numberless petitions which attracted attention of the masses and proved an instrumental factor towards fulfilling the concept of a welfare state have brought a radical change in the system operating in India:-

- a) Protection of pavement and slum dwellers of Bombay who needed much relief and were exploited by all goons for their political Interest or any other reason.
- b) Payment of minimum wages to the industrial workers who needed relief.
- c) Abolition of bonded labour which was a point of exploitation of the weaker section of the society.
- d) Protection of environment and ecology which needed immediate attention because of environmental imbalance.
- e) Ban on smoking in public places.
- f) Protection against inhuman treatment meted against child labour and elders.



I was deeply distressed to read the survey report of Dr. K. L. Choudhary an eminent doctor, who with his team surveyed the various camps where migrants have developed various diseases and Public Interest Litigation filed by Rocky Pandita and court's direction on 9<sup>th</sup> Oct. 2008 directing state/central Govt. to consider in priority on humanitarian grounds as a gesture of good governance the appeal of the plaintiff. The prayer is completely based on logic, reason and above all without any political motivation, but a human issue. It is a prayer of a social nature, highlighting the pathetic condition of Kashmiri Pandit community living in camps & sub-urban areas. It is just a tip of an ice-berg, If we go deep into their sufferings, their experiences tell us a sordid tale of accumulated misfortunes, which they are facing responsible for their mental and moral agony.

I wonder at the silence adopted by the government at the helm of affairs to become so irresponsible, incompetent that has stooped too low to yield to fundamentalists dictations and threats.

So, judicial activism, here is a necessity of circumstances to correct the imbalance and such Public Interest Litigation should be heard and dispensed with justice at-once, to establish its credibility.







# Be brave, fight for your right

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That community is considered worth survival which does not allow the other community to deprive them of their fundamental rights. Indian constitution protects rights of all citizens, irrespective of numerical strength. It is a matter of conscience, character and determination. We have examples of Israel, Palestinian, Parsi, Jew a few among large number of communities, who too were terrorised under religious bigotry, but never felt defeated. They are still fighting a battle for survival with an optimistic attitude to regain their lost glory and rehabilitation like our community. They exhibited emotional intelligence, wisdom and followed a policy of no confrontation. They never completely surrendered, felt disheartened but temporarily compromised with the available situation of the hour.

Similar is the fate of our community brethren. It is an open secret how the foreign incursions caused political strife which disturbed the social and religious life of people and were able to brutalise killing to paralyse the structure of authority, into inaction and stupor. There was a total collapse of the structure of Governance and the success was due to the mixture of fortuitous circumstances, prompted by Pakistani adventurism and development of Islamic extremism.



Like other wise races, our community exhibited wisdom and applied their knowledge to face the atrocities let loose on them without any retaliation knowing well its repercussion. We never surrendered but left our home and hearth temporarily so that Indian troops get a free field to deal with the separatists. The Indian ethos was under attack and we as a patriotic Indian had to stand by nation and thwart all dangers to its sovereignty, unity and integrity. We made the supreme sacrifice to uphold sovereignty and turn ourselves refugees in our own country, shunning violence, showing broadmindedness and never betrayed our motherland.

The endemic Kashmir problem has its origin in the waywardness and confused approach of central Govt. The vacillating policy of the central government and Congress party studiously avoided formation of a cogent policy on Kashmir and having poor understanding of the Muslim mind and intention. There was a certain amount of disillusion and distrust, as the political management at the state level was infected with the distrust between the coalition partners. The managers running the national polity failed in their deliverance of justice. There was a severe aberration, resulting in turmoil, uprootment and our exodus.

Our community kept waiting, wailing, agitating, following and exploring all democratic channels for the restoration of our legitimate rights. Our policy of non-violence was mistook as a weakness, under such compelling conditionalities, the opinion makers centred round a conclusion that the best way would be to approach the apex court with a charter of injustices meted out to the community for the redressal of their grievances. It was considered the best viable, non-confrontation policy to seek justice. The writ petition was well drafted



and filed in the supreme court by community's "Icon" and victims of atrocities. It is a writ petition filed on behalf of the community and is not an individual one. It was a commendable job worth appreciation to petition in the Apex court against the centre and state Govt. exposing all misdeeds and injustice towards our community.

They still want our community to live a life of ignominy and are sending wrong signals to the tormentors. Approaching the Apex court is the wisest approach to ask for their rights. It is nothing short of political agenda, social accountability and economic rehabilitation. Such self styled leaders who oppose with vested interest are actually enemies of the community. They are to be identified and distanced away from the community.

Let us live for the cause of the community and seek justice. We need unity and have to rise above petty interests and narrow outlook. Let us shun acrimonious reaction, slanderous reports, indecent individual confrontation. Instead of flinging vitriol over each other, let us make a beginning by responding to the limitless calumny purveyed in the press and elsewhere. Let us work in Unisom to change the state / centre's attitude, by our policy of unity, dogged determination and prove our wisdom, sagacity, vision by helping and lending all possible help in the collection of required additional documentary evidences to make the writ petition foolproof. Voluminous with inescapable documentary evidences, exhibiting community's wisdom and legally reversing all misdeeds. There is nothing personal, but community's cause. If we start infighting on trivial issues, we are weakening our community's cause, when it debases us collectively.



Let us be brave, optimistic, tolerant, sagacious and repose trust on some individuals, group and give a unified stand.

I appeal to all individuals, groups, sabhas, samities and all sundry to fully support the writ petition and extend all possible help to "Naad" office, in accomplishing stupendous assignment of the community. Let good sense prevail upon us to shun egoistic attitude and prove their credential as a "Bhatta" who has a razor sharp wit to overwit their invisible foe, wrapped in lambs clothing.



# Kashmir insurgency...

## its impact on

## Migrants

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The survey conducted by our doctor fraternity under the guidance of our beloved Dr. K.L. Choudhary was alarming and pathetic. Their findings clearly brings to lime light, the worst type of human right violation, Genocide of a community, leaving the whole community at the mercy of anti-social elements eyeing with the single objective to see ethenic cleansing to accommodate anti-national elements, facilitating to disgrace nations sovereignty. Migration has gifted our community-in-exile, the following syndromes, as listed and explained by a team of doctors headed by Dr. K.L. Choudhary, which all my fractured community bretheren should understand and pin-point the parties responsible for it.

- a. People live in sub human conditions in-exile : camps are over crowded with no privacy, but exposed to insecurity. They have been denied all basic amenities like water, electricity, medical aid. For all their ills, we are sacrificed at the altar for their vested interest.
- b. We have lost identity and made economically bankrupt by following an appeasement policy towards muslims by centre.



- c. There is a social erosion in our community leading towards breakdown of family structure, fractured families, forced separation of parents, children and even spouses.
- d. **Struggle for survival:-** physical and mental trauma of a nomadic existence, job hunting, hankering after relief and ration, turning our community look like beggars, loosing all shame and respect which they previously held.
- e. **Developing of various diseases-in-exile such as:-** hypertension, angina and heart attack, depression, anxiety for survival, sleep disorder, diabetes, frozen shoulders, arthritis, muscle cramps, ulcer, migraine, neurological disorder, pre-mature aging, sun stroke, heat exhaustion, sunburns, snake bites, malaria, dengue, skin disease, airborne disease, water borne disease and hundreds of ailments.
- f. Who is responsible for all our misfortunes ? community should find out the real culprits, make their mal-intention public. All community brethren should fight with might with our elusive foe, who are instrumental for our miserable situation. We should rise, revolt and claim their right, as the central Govt. only hears the voice of extremists and dislikes peace loving citizens, like our community, who have been made a scapegoat at the altar of vote bank policy.



# What rehabilitation means to Kashmiri Pandits?

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Everyday, we hear our politicians, leaders of the various groups speak in terms of "Rehabilitation" package, envisaged by Govt. as a soothing balm, which smacks of a well knit clap trap to entice the freedom loving human being, kept so far, as a bonded labour, to serve as a scap goat, as and when needed.

Every group carries ahead their own hypothesis, unmindful of its meaning in actuality. Rehabilitation means "Back to its former position or the act of restoring forfeited rights or privileges". To a think-tank, the term rehabilitation is a million dollar debatable preposition, sending wrong signals to Kashmir watchers, leaving its far reaching ramification on our community in particular. To my inquisitive mind, rehabilitation of the uprooted community is neither possible nor practicable under the present scenario, created by inimical forces. Saner elements, elite members of the community, who can not be carried over for a ride, feel distressed, at the usage of word, which act as remote-control of the external forces. Rehabilitation is a wider term which comprise of moral, social, ethical and economic elements. Constructing pigeon-hole sheds and extending doles, as a subsistence allowance is not the be all and end all of what community



has lost. Our political masters should apply their rational mind, without exposing their bankrupt mind and shun policy of appeasement. It would be foolhardy to go in for any change, till it is calibrated from outside. The Jammu and Kashmir Govt. is following a scorched earth policy with reference to us. Can they restore the bon-homie of bygone days of peace and tranquility which was the spiritual food to our starving mind? True happiness springs from heart and when hearts are broken, there is a breach of trust, pre-planned by our tormentors faining innocence of the event surged. Nothing can supplement the irreparable loss suffered by our fractured community. The attempt is made to create a wedge and divide in the brotherhood by spreading canards floating unfounded rumours. Our identity is lost. Money or any other material support in any form can not compensate the composite culture. There is an apparent breakdown in the path choosen by our luminaries, to live a devout and meaningful life. Divinity is lost. We have lost our ancestral home, with which we had been in deep attachment.

Can a place of Heaven carved out, by our ancestors, socially viable and environmentally fit to our longevity of disease-free life be restored? Homes are made, demolished, reconstructed to our liking is immaterial, but the loss of trust, mutual understanding, respecting each others religion is the greatest loss. Our temples/shrines are ransacked/desecrated, damaged beyond repairs, shaking our faith not to live together. That is why our community wants their own home land/Kashyapland carved out, from our motherland, where we could continue to live as a respected citizens. This is neither a begging nor asking for any favour, but our fundamental right, which we are not going to surrender in any case.



Our microscopic community of sages and savants has struggled hard, faced brunts of tormentors evidenced by historical facts is a stark reality. Our community got a setback when it was made to loose the principle of unity, living jointly, sharing joys and sorrows, collectively celebrating rituals and festivals. The change of events made us to turn egoistic, individualistic, self centred. Our progeny was made to adopt remixed culture, arrogance, disrespecting attitude, shunning aside well knit culture in the guise of adjustment. The moral aspect is almost eliminated, leaving the whole community at the mercy of anti-social elements, eyeing with the single objective to see the ethnic cleansing accommodating antisocial elements, facilitating to disgrace nation's sovereignty is beyond rehabilitation. The dreadful syndrome, which we got in return has turned the whole community mentally, morally, socially, bankrupt and despondency on doles, as a pittance allowance for survival. There is a social erosion in our community leading to breakdown of family structure, forced separation of parents, children and even spouses is a worst type of atrocities, unbearable and uncompensatable. Turning the whole community to live a life of nomadic existence, job hunting, hankering after relief, turning community look like beggars, can all these moral, social, ethical, emotional elements be rehabilitated? Our community developed various ailments like hypertension, heart attack, sunstroke, premature aging, ulceration, migraine, sun burns, heat-exhaustion, various infectious and contagious diseases due to internal displacement, tension, stress and strain. Is there any package for such 'rehabilitation'?

We fail to understand the overt meaning of our political masters, who claim to be our benefactors and saviours. To their bankrupt mind "Rehabilitation" means



extending financial help in terms of monetary or non-monetary form. Overtly, the physical loss may be compensated or indemnified, which forms a minor part of package. Every party promises that they will be properly rehabilitated. Do they mean Rehabilitation is giving a piece of land to construct, small hutments and forget all others moral, social, cultural, ethical values, which is a major segment of the whole fabric of the community. Their tall claim is nothing but depicting a situation of helplessness, a compromise, arrived at, to save their leadership, at the cost of nation's sovereignty. These self centred political masters want community interest to be sacrificed at the altar of winning a clout of separatists, unmindful of its multiplier effect.

Rehabilitation is a wider concept which our political master have failed to conceive. They should declare it merely a monetary compensation. The need is to have a change in the mindset of central and state Govt. provided they revise their shaded opinion, develop practical approach and improve prudence in Governance. A pragmatic decision can help to meet the challenge. We have to admit that the managers running the national polity have failed us. Foreign incursion, have caused political strife which disturbed the social and religious lives of the people. It is to the discredit of the political masters that severe aberrations have crept in, resulting in a situation like our mass exodus. Central Govt. have been exhibiting vacillating policy, a confused approach, accepting unviable demand, tolerating pre-prosperous claims, innocent demand couched in a language of compassion and human rights is actually a sinister move to harm the Indian interest. It speaks of no cogent policy, poor understanding of the Muslim mind and intention. Our leaders should understand in clear terms that any



move on Kashmir which weakens the defacto and de-jure stand in Kashmir will be another Himalayan blunder and a God sent gift to Pakistan centric policy makers, who carry dented and wilted image. Their concept of hanky-dory, bizarre conditionality, synophancy and proselyters attitude will bring no reward. They should be faithful to their country and loyal to their faith Kashmiri Pandits have an observant eye and our diaspora have invariably made a good impact as it has made us more conscious, more self confident, more cohesive and above all vigilant as to who is who? We no more want shanty huts, which look like pigeon hole, to cage us, without any freedom to walk, talk and speak. We are the aborigines of Kashmir, and mere ofference of pittance allowance as survival allowance and bouquet full of sympathy is no reward for being patriotic Indians. We are in indignant condition.

Our community suffered gross neglect, utter dismissiveness and stark aberration tolerating all the innuendos thrown on us. Kashmiri pandits feel the talk of political parties, inviting them back is hog-wash. It exposes Govt.'s imbecility, pusillanimous and lackadaisical policy of despondency, disillusionment and distrust. Let them distance away from blandishment, cajole and coax policy to appease "Morons" and never jump upon a hasty conclusion to reach out of Box solution. A more pragmatic approach is needed to understand that ambivalence is not possible under the present turmoil.

Our community which has been gifted with "Razor sharp-wit" and intelligence does not believe in the art of inveigle the separatists and extremists into talking who wear the semblance of loyalty to the constitution of India symbolically. We should not be dismissed as people of no consequence. The community must out rightly condemn jingoism, we should have the guts to expose



fee-faw-fum, goody-goody behaviour "All moonshine" policy who affect ignorance. They should think with a cool mind that there is no need to go off the deep and act foolishly. They should disagree willy-nilly any fait-accompli. Only honest governance can curb their vulpine nature and pugnacious attitude.

But our state politician have exposed their mindset and mental calibre by stooping too-low, corrupting, self styled weak leaders of our community who have been instigated to rise, revolt against the acknowledged leaders. They have been tutored and indoctrinated with false allegation and the motive behind all this is to demean the struggle. Their diabolic step is to bribe them by offering doles and other favours. These self styled leaders in our community have been playing the myopic opportunistic policies of negative mentality exposing new colours of the individuals by levelling standerous charges and exhibiting indecent confrontation. They have been sowing seeds of dissension in the community launching anonymous and pseudonymous compaign of vilification and indulging in negative politics. A subtle policy is being worked out in which the kashmiri Pandits exodus would be perpetuated so that at one stage their existence is forgotten. Such self styled leaders have lost the sense of logic and judgment. Their activity debases us collectively. Such leaders are warned not to sell the community's interest in wholesale. They are advised to mend their attitude and not to be labelled themselves are traitors of the community.

Centre should put in, its strength, power and wisdom and finish Jammu & Kashmir disfunction, disorder, dis-organisation, disputation and unbearable alien influence. The problem of exodus of lakhs of Kashmiri Pandits and subsequent displacement should be looked at, from



humanitarian angle when centre and state are in a race to draw political mileage out of the tragedy, which is very unfortunate and shameful activity.

The real rehabilitation will mean to carve out a Kashyap State within Kashmir, to be given as a "Homeland" for Kashmiri Pandits under Indian constitution where secular Indian can live in perfect peace and harmony. Till then rehabilitation as envisaged by ASKPC and likeminded groups materialises, the dream of the community of migrants, who have been living in exile will wait, expecting good sense will prevail upon the political masters to deliver justice. We are in no case ready to compromise on, out of box solution, which lowers the sovereignty of India.







# A Salute to my Community Stalwart

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Our intellectual forum operating in Rohini/NCR often meets to ponder over the problems confronting community culminated due to unexpected exodus to find out a viable solution to the glaring problems born thereof and exported from abroad. The developments arising out of this emerging political scenario is also visualized, interpreted and solution sorted out in the changing environment. We have no option left out, after constitutionally following all modes of representation, but to think of envisaging a political party of our own, as we believe that it is difficult to fight for our rights without political power. Launching a continuous struggle for political empowerment is the only option left. It was a pleasure to hear the birth of a new political party named 'JKNDF' on 10.03.2008 at Jammu. It was a dire necessity to conceive and raise a political party of our own, when its need was felt much earlier. It was a delayed decision, deferred from time to time, which could not materialise owing to the egoistic, vulpine mentality of our leaders who due to best reasons known to them, did not allow its early birth. This child by now would have attained maturity if it was well nurtured, aided and supported, by all fractions. Either the leaders of our community had a misconception that our's being a microscopic strength would matter insignificantly or carried a narrow vision or did not venture to plunge into direct confrontation



thinking that our community of saints and savants who used to live in Heydays in perfect peace and tranquility may not be able to resist the path of confrontation. They forget that their meekness, mentality of subordination, submission and compromise has rendered the community to the position of penury and made them to see naked dance of death, destruction, atrocities, looting, rape and all types of brutalities.

Today we are living in an era of struggle, a world of make-belief and asking for our fundamental rights is no sin. Gone are those days, when the governance was in right hands, who delivered justice and cared for the minorities, in particular. They were given preferential treatment, honour and were given more than what was due to them to create a situation of goodwill. Those Heydays have gone with the insurgency nurtured and aided by foreign elements. When hearts are broken, there is no compromise and asking for our share is neither a beggary nor a favour. We are the victims of atrocities, mis-governance and political masters at the helm of affairs are not in a mood to give us a patient hearing. We are regarded as population of no consequence, as being no vote bank, but considered a scape-goat to be sacrificed as and when needed. Both the state and the central government are black mailing us and are drawing a political mileage out of our unfortunate exodus. They are bent upon dividing our microscopic community into various minority cells and again befooling us and expecting our support. They are practically playing the role of "a wolf in lambs clothing". They affect ignorance which is all moonshine and have been playing tricks to overwit the patriotic Indians, by raising superficial demands. Their mindset has been indoctrinated and poisoned to such an extent that it is beyond the



imagination of our political masters to understand their psychology. They are bent upon to harm the Indian interest, as cards are open and there is no use following a policy of inveigle and cajole and coax, towards the separatist who wear semblance of loyalty towards the constitution of India. We are displaced people living in Diaspora. We need the government's sympathy. The role of government is decisively instrumental but when political masters turn silent spectators, keeping in mind vote-bank policy, what is the remedy?

There is no option but to strive, strike and wait not, till the goal is achieved. The forum does not feel any miscalculation in having our own political party. Present day politicians only understand the language of violence, whereas praying, submission of petition does not work. Think-tanks, policy-makers, elite members of the community endorse with full sympathy, the birth of a new political party and advocate that its sponsors are the real friends/well wishers of the community and those who oppose on one pretext or the other are either enemies of the community or agent of the tormentors. They are no more friends but their naïve statements damage and debase the community. Let them, close their political shops as their myopic opportunistic politics is a sign of betrayal towards the community. They are exposing themselves and creating a wedge, a divide and a bad image. Kudos to Mr. A.K. Dewani, Mr. R.K. Matoo and his team to whom our forum salutes in reverence.

Most of our self style leaders are not ready to wind up their political shops and mislead innocent people by floating fake rumours, by coining, concocted tales guessing that this political party will not work. They either lack understanding or feel alienated from their vested interest. They have no community-interest but self interest



or egoistic mentality. If the cause is justified, even a single man can ignite the flame of awareness quoting Mahatma Gandhi. Which seems to be a herculean task, a hilarious decision can be made easy and possible by budding youth tutored by seasoned leaders of repute. Nothing is impossible when the condition is ripe and fertile. People are fed up with the policy of duality, corruption, mismanagement and injustice. They need a change in the form of dynamic leadership for restoring of normalcy of yesterday years. Not only Hindus will support the party but intellectual Muslims of calibre will support the candidates provided they have a track record of honesty, dedication and loyalty with honest leadership. No matter if it does not succeed with first trial but would create a dent in their attitudinal behaviour, towards the sufferers, who are in real indigent condition.

Let us be optimistic, develop positive thinking, cultivate right attitude towards a new borne party. It will work wonders and undo all misdeeds of the tormentors. History testifies this fact that erstwhile BJP opened it's A/c with merely 3 members, CPI with 2 members, national conference with 7 members, PDP with 6 members but surged its strength later on by moving among its electorates and educating with clear manifesto. There is nothing to worry but see and keep ourselves prepared for any eventuality to defeat them with the power of ballot and show our popular sovereignty, provided we stand united and close our political cells by supporting the new born baby of our community. The whole right thinking community members feel indebted to the sponsors of new party to whom we salute for their dedication and courageous decision, surpassing, fickle minded, acknowledged leaders of our community.



# Much Ado about nothing

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Nostalgically, after long slumber, Indian political masters got activated and hope sustained that the long drawn game of political gimmicky is over and the men at the helm of affairs have started feeling its public accountability. Kashmiri Pandits who are the real victims of militancy expected that the patriotic Indian , who had to flee fearing insecurity to their lives property and culture will be heard of and compensated to some extent. When the much propagated Rehabilitation plan was drawn out of the "Pandora Box," it proved all a farce, hoax and an insult towards the fractured community, who were kept anxiously waiting for 18 years,

(a) Forum's View Point :- Our intellectual forum, discussed, debated, threadbare in totality and carried a firm conviction that this package smacks of a wellknit trap, trickster plan, to befool the fractured community. There is nothing special which has been addressed to mitigate their sufferings, but a well laid out trap to add to their miseries, besides exposing them to a volatile situation. There is no sop for common migrants who bore all atrocities and were the victims of brutal massacre and mayham. It is no less than to hoodwink the community, eyeing towards Election which is due within a few months ahead. The package is grossly inadequate. It is a mock Exercise to divert the attention of the Kashmir watchers and show them that the other side of the meadow is lush-Green and the pasture dewy and cool. It is an emotional blackmailing an eyewash to deceive others who are not



directly concerned with it. Our Indian Political masters are shedding crocodile tears, keeping the pot boiling for their political survival. None is seriously ready to find out a viable solution to the vexed problem. These political masters want to keep their political shop open. Their main aim is to loot Governments Revenue and turn richer day-by-day by yielding political powers in their area of operation

(b) Governmental attitude:- The state Government all these years have been playing the dirty chess politics, filling their wallets with the nations wealth and a wheezy whisper of the pseudo-Indian slogan. For politician K.P. is like a capon to be culled whenever the need of the hunger arises. They are always seen giving false promises to displaced people living in diaspora, who have turned totally divided, directionless and visionless because of dreadful fear created in them by inimical forces, which surged because of naive statements and lackadaisical policy reflecting pusillanimous stand on Kashmir .

(c) Why Community distrust politicians:- One thing that is gnawing my community is the continuous indifference of the authority to our identity as an Ethnic group. The state Government all these years have been playing the dirty chess politics, looting centre Govt. The Centre does not understand Muslim psychology but shows imbecility and helplessness. In my community. I see in having multiple centre, like Sabha, Samiti, Samaj, all are -working in tandem different phases of human activity Differences in their opinion is a sign of intelligence which we should not deny. Community's think-tank wonder at the sordid drama of trading of half truth and untruth. People are loosing patience by the homiles traded by politician. The package is nothing but another false promise. The finding of Mr. M.L. Koul Committee



report was to a great extent tolerable but most of its suggestion were made infractutious by partial implementation, tardy implementation or no implementation at all. In light of past experience, there is no guarantee that present package will not suffer the same fate. The media is virtually purchased by anti Hindu fanatics, who are influence by *Pseud-seularist*.

**(d) Why people hate Politicians:-** We should curse the double standard of Indian Secularism and their inability in controlling the situation as well. Community leaders are fedup with centre/ state leaders for their irrational behaviour, eyeing on election, for vote Bank policy. They have been crying at the house top posing benefactors of the community looking with unbiased mind They least care for the minority. They are no more friends, well wishers for the community, but are taking political mileage of our despondency and helplessness. There is no guarantee that such a present package will not suffer the same fate. None have the courage to' expose and magnify the untold miseries and brute mentality. They are blinded by class prejudice. At the national level, the U.P.A. Govt. follows, all unbiased policy of pacification of Muslims.

**(e) Why package is disowned:-** The matter regarding rehabilitation was discussed - threadbare in the intellectual forum operating in Delhi /NCR. They arrived at the conclusion that though, there are many Simities Sabha/Samaj operating for common goal and it is a matter of their intelligence that they have straight way rejected the offer, which is nothing substantial but only a trap. Many times the central Govt. was made to understand the ground realities but they preferred to remain silent spectator. They failed to deliver justice fearing their political survival.



(f) What K.P.Want in package:- Kashmiri Pandits want well thought-out national policy on Kashmir, Considering Parliaments Resolution, declaring Jammu and Kashmir as an integral part of India's federal structure and a white paper on our forced exodus. Central leaders need political "will power" to assert its sovergenity. Central and state Govt. should throw open the same treatment to non-migrants who never left the valley but got displaced from their home and hearth and have been facing all Jube and unbearable humiliation.

(g) Conditionality for return: - First, Security of life and property is to be given top priority, which in the present scenario is almost very difficult because of indoctrinated misguided Muslim youth.

Secondly all illegal, fabricated records of revenue along with distress sale of property is to be nullified if they really mean Justice and establish credibility

Thirdly the most important consideration is creation of at least 10,000 vacancies in centre and state Govt. For Youth of Kashmiri Pandit to be filled according to their educational status.

Fourthly construction of Township in all districts of Kashmir to be allotted to migrants and non-migrants free of cost and the total expenditure to be shared by state and centre. It will act as a soothing balm to our fractured community. It need a firm political will power which is seen absent among Indian political managers.

Fifth creation of a political space for Kashmiri Pandits with all right chaims which have been infringed by inimical forces, due to irresponsible Government.

Sixthly, Kashmiri Pandits be given Homeland under union territory status inhabited by secular population of



Jammu and Kashmir. K.P's are no more infavour of article 370 which is the root cause of distrust. All this is possible when draft resolution regarding return document is accepted in its totality with the active discussion involving all functionaries of Simities, Sabha and Samaj working in Jammu, Delhi, Bombay, Calcutta and other places where migrants have moved, unwillingly much against their wish leaving behind home and hearth,

(h) **When shall faith be restored:-** Community will wait till Govt. at India puts into its strength, power and wisdom and finish J&K disjunction, disorder, disjunction, disputation and unbearable alien influence if our leaders have guts and determination.

“long live my Mauj Kashur”







# Role of media in democracy

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Let me salute the framers of the Indian constitution, distinguished personalities, men of letters who conceived the idea of demarcating, the three organs of the govt. and assign each organ its function beyond which they were not supposed to operate. The three organs were legislature, executive and judiciary. All the three organs would operate within its parameters, decided by the constitution framers. It was virtually a check and balance principle seen in American system. There was a fourth organ added to it called "Media", which was supposed to act as an eye of the public and would bring to limelight, the doing of the three organs. It was called the fourth pillar of the democracy. It was expected beyond doubt that all the three organs will work in complete co-ordination, taking into Account the views of the masses conveyed through news papers and other media like T.V., internet etc.

We see and feel that media does not work within the contours of its demarcated boundary. Words and images are twisted to present ambiguous meaning. We are living in the world of make-go. They owe a special responsibility to carry ahead the views of the public. They have to exert maximum restrain while writing or announcing anything. No doubt, they have freedom of press but it does not mean giving license to write



anything. While they write, they have to see that it is true, authentic and not based on rumour. The Media owes a particular responsibility towards the public. We are living in a democracy which is not sham, but secular in words and action. We the people of India Comprising of Hindu, Muslim, Sikh, Christians and large number of other tribes and religion, live like brothers in peace and tranquility. There is a history behind it that for centuries we have been living in perfect harmony. Press has a moral responsibility towards the masses, nation and the world. It should refrain from writing and announcing anything detrimental to the interest of public. It has to write only What is true and restrain from sensitising the news.

I feel uncomfortable with the dirt and grime of everyday politics. Present leaders use religion to perpetuate their own power and rule. They sow seeds of peace in a divided world. The media should exhibit attitude which is more friendly, welcoming, not authoritative, but cooperative and friendlier. Media should be the role model to make real sustainable change in the nation. They should tackle the source of change and deal with fair intention. They should wake up to correct the social problems. The need of the media is to construct the society in a new situation and work for producing enlightened citizens, shunning violence, religious intolerance, terror, misrepresentation and many other acts detrimental to the interest of the nation. Sensationalizing false news will do nothing but affect the nation's prosperity and encourage evil elements. It has to play the role of bringing serenity and tranquility in the country. Enough is shown in T.V. to bury our heads in shame, if any shame is still left in the slew of human emotion. The consequences are nerve shattering and wide-spread. Media should advocate for unity. It has to



rise above petty and narrow out-look and advocate only for what is good and refrain from exploiting any thing which is harmful. Media should understand that religious fundamentalism presents the greatest threat to national unity. People in general 'are peaceful souls. They have to spread vibration of peace and not of anger. Media can, if it deems fit magnify the importance of any news through hype and sensationalism.

I feel there is subtle but well planned move in which it has been sought to serve the corporate interest by changing the very though process of human being. People have been reduced to mere entertainment seekers. Their power to think has been snatched away by loading them with trivia in the name of entertainment. People have been reduced to a entertainment or sensation seekers, dumbling down of Indian society, sums up this Phenomenon.

Let good sense prevail upon our media to perform their function in a changed Political Scenario. It is all what saner elements expect from them, to deliver.







# When Can a Community Survive

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Our unexpected migration which was spontaneous without any pre-planning culminated in giving birth to many of the social and economic problems of multi-dimensional nature. This exodus not only caused untold amount of human suffering to our community, but also threatened our small vibrant, socio-cultural group of original in-habitants of valley with extinction, more so now, than in the past. It's impact was seen visibly in all groups of the community.

A gnawing feeling had emerged that our young and educated youth are indifferent to the events in Kashmir. Youth were evincing no interest either in the land of Kashmir or in our socio-cultural mooring. This was nothing but a calculated move, misleading preposition, concocted story to befool the others. It was youth, who were the direct victim of this atrocities. This budding youth, not only lost his permanent address, but all hope to stand economically.

Elders of the community could be heard rueing this fact. It was usual for them, as they separated from a particular environment of peace and tranquility to another environment. Youth should now wake up and find viable solution to social problems. The elders in the community should guide the youth by their rich experiences of men and matters. They should spell out their efforts and guide



them how to overcome insurmountable obstacles. We have galaxy of eminent personalities to aid them if they require.

Community can survive only when everyone of us, men, women, sons and daughters take up the responsibility to re-create the good relations and Bonhomie that once existed, between the Hindus and Muslims. If the various organization fight for supremacy without finding out unity in diversity, it will debase us collectively.

Continuity and consistency should be the hall-mark of an organization. We should do nothing which demean the struggle. No doubt, the community suffered a lot yet we have to make real sustainable change in our community. We must tackle the source of change and deal with our intention. We have to restructure our society, improve the way they function and advocate measure towards thinking of wellbeing.

Our youth have to rack their brain leave aside schizophrenic life. People are loosing patience. No community can flourish when their members ploughed the furrow singly. Collective efforts under one leadership is the need of the day. Community has mastered the art of critising others and giving unsolicited suggestion and advises. The major challenge for the community are safe guarding its identity and proper rehabilitation.

We need unity and to rise above petty and narrow outlook. Our identity as a Kashmiri- pandit has to be safe guarded at all costs, socially and politically. We have to be faithful towards the country and loyal to our faith. We have inherited rich heritage. We have to hold aloft the flame of our distinct culture, religion and identity. Our diaspora have in-variably made good. We should never



'get disheartened or upset by the bad behavior of others. The need of the hour is to reconstruct ourselves for the betterment of the community in a new scenario. We should not be united at heart only but also united in Agenda, Strategy and Tactics.

Let us continue to agitate for our legal and justified demands.







# Politics and Politician

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I do not feel worthy to be called cerebral polymath but fit myself to be rated as voracious, erudite reader and writer, deriving pleasure and satisfaction after going through various magazines, newspapers to quench my thirst for knowing more and more around the globe, just to be mentally alert.

I feel rather annoyed when our leaders feed us with a false promise that they are working for the restoration of peace, in the globe and re-establish sanity, tranquility, serenity of hey days. I rate such..leaders as pranksters, double speak politician to sub-serve their personal aggrandisement. The fact is that we are living in times of great uncertainty when each new day dawns with more unexpected news. No one can be sure of the very next moment. It seems that any thing could happen to anyone, anywhere, anytime. We are divided in the name of nationality, religion, gender, class, colour, language and many other considerations. We are looking for a reason to seperate. The urge for oneness does not exist because we have created so many distinctions. The leaders claim to be the benefactor of masses, which is all moonshine, exhibiting goody-goody behaviour.

I have an observant eye to visualise and a razor-sharp intelligence to find out the truth. I see major issues of modern times which shake our faith. A few of them, out



of many are as under:-

- a) Proliferation of nuclear weapons
- b) Depletion of natural resources
- c) Environmental pollution
- d) Growing population and abject poverty
- e) Racism and casteism
- f) Religious intolerance
- g) Violence-creating terror like situation
- h) Crime and corruption
- i) Breakdown of our social harmony
- j) Broken families, neglected elders
- k) Crisis of value based living
- l) Misuse of the mass media

The list is unending. It is just a tip of an iceberg. Each problem is, in itself a Herculean task to accomplish. Each problem in itself is equally important and needs to be thoroughly looked into, if we want the peace to prevail. In reality the urge for oneness does not exist because we have created many distinctions. As long as there is a quest for power and dominance, there can be no unity. The quest for power is to be replaced by the quest for human greatness. The world will continue to exist in fragments and spilt further. Our current economic crisis is a mirror reflection of our crisis of ethical and spiritual values. Insecurity, greed and lust for power has inspired economic policy which have depleted the land and water resources. Every country has its problem, depending upon, its magnitude.

The answer lies in eliminating the feelings of hatred,



suspicion and fear, for these are the true manufacturer of present day crisis. We have to extol intelligence and downgrade cleverness. Our leaders are making a futile attempt to sow seeds of peace in a divided world.

Environmental degradation is a silent killer. We are being sentenced to death as pesticides of all types will finish coming generation. Religious fundamentalism presents the greatest threat to national unity. Let us try to live in a, hassle-free atmosphere. We have to create a vision of leading a value-based life and create a world of purity, peace and happiness. The whole globe have fallen victim to physical and psychological ailment. We see, instead of providing the much needed tranquility and serenity, the countries are heading for further bewilderment Crime, violence, terrorism, corruption have become a regular feature, infused in our lifestyle.

Human beings have lost trust in each other. The loss of security is total. There is an inbuilt environment of fear, suspicion and unrest.

Let me conclude with an apt quotation:-

*"Everyone thinks of changing the world*

*But no one thinks of changing himself"*

- Leo Tolesty







# Regionalism...a danger to national unity

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I cannot restrain myself from writing that a serious trend is developing in the country. It is all due to weak Governance because of hung parliament, rag-tag Government and the attitude of our regional leaders. If such a situation is allowed to develop, it will envelop the whole country. Regional fire should not be allowed to spread. The signal that will go out to all parts of the country will be disastrous. To my sensitive mind, I see a deep rooted conspiracy is being hatched, meticulously woven to disintegrate the country, breaking it to pieces. National integration is our indispensable dynamo for national unity and solidarity. Nationalism gives life, growth, strength and unity to the country's integrity, peace and development. Regionalism presents the greatest threat to National unity. Those politicians who instigate masses are playing a dual game to keep their political shops operative. Such politicians do not value nation's oneness but flare up the controversy advocating for regionalism. If this dangerous trend is not arrested at the early stage of its birth, it will result in another bloodbath, which we already have experienced on the eve of partition in 1947.

Our constitution has clearly laid down that there is no room for regionalism, casteism and propagating such thoughts are the enemies of the country and are traitors.



They need not be spared. The political masters should deal with such inimical forces with determination. This regionalism fire once takes place and enters the heads of illiterate masses, will not only damage the social fabric of the community, but will pave a way for breaking the country into fragments. I understand such trend in politics should be discouraged and such leaders who create bad blood should be treated as traitors and panelised so that others may learn a lesson.

We have been hearing the attitude of Raj Thakray heading MNS (a regional party) speaking intolerable language and non-workable demand which speaks of a revolt mentality against the well defined principle laid down in the Constitution. Such loose talks only weaken the democracy and results in creating bad blood. His venomous utterances attributed towards the North Indian Pointing towards Bihar and UP, should be seriously taken into consideration. He must be made to understand that a man born in any part of India right from Kashmir to Kanya Kumari has a Constitutional right to move, establish himself, live or earn any where. It is not anybody's property. Creating a fear psychosis in the minds of innocent Indians is a crime, which can not be tolerated. Raj Thakrays declaration that all Signboards should be written in Maharashtrian language. Only native of Maharastra are eligible to serve, hinting Non-Maharastrian should leave the state. His utterances not only smack of provoking and revolting but creating a situation of hatred and division among the population. Beating Bihari Candidates who had come to appear in the test for railway and killing a student of UP smacks of ill will should not be tolerated. If such attitude is not curbed with heavy hand, it will result in bloodshed, animosity and revenge. These self styled leaders who



patronise such goons are enemies of the people and country. Nothing must be allowed to override good governance. The responsible Government in Bombay should not think of Vote Bank policy. We should curse the double standard of Indian Secularism and should curse the inability of the Indian Govt. in controlling the situation as well.







# Kashmiri Pandits At Cross-Roads

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Kashmiri Pandit, to my conception is a highly individualized person who tries to seek a place solely on his own effort. He is known for his priestly crab mentality. Every K.Pandit activist is a self serving ruffian who needs to be kept on a leash. There is a solid reason why the community feels betrayed and has lost trust entirely on present leadership. There is a certain amount of disillusionment and distrust towards all shades of politicians, towards whom we see with suspicion. Leadership has failed because it buckled either because of some *bait* or because of some pressure. The community has seen a mushroom growth of social organizations, competing with each other and engaged in establishing supremacy over the other. Even-in-exile we have divided ourselves into all sorts of platforms. We have been exhibiting individualistic mentality, expecting cadging favour, may it be at the cost of community's Interest? We are ready to sell the community at a wholesale rate. We never shirk to cross the contours of our limit to please our tormentors.

We never refrain ourselves to oppose even a justified demand. We do not allow development of community organizations to thrive on sound lines. Our community leaders speaking in different voices give ample chance to our tormentors to exploit us. They are unwilling to



provide us a political space and representation. We are unheard of, dismissed as a population of no consequences.

Between ourselves, we are at a look out to see a chance to rank up old issues. We have lost the sense of logic and Judgment, zeal for activism and have become masters of mud-slinging. We have lost the sense of discretion and have mastered the art of abuse, Proliferation. A few are seen busy in exchanging uncivilized war of words, unleashed to settle their personal score, unmindful of its multiplier effect on the community's survival which is on the brink of losing identity. This attitude debase us collectively. No wonder we excel in surfeit of theories, prepositions, floating solution to our real problems but practically we do nothing, except tall talks.

The reason why we are ignored is very simple and apparent. We boast of being educated and with our Razo-sharp intelligence. We are in no mood to accept the domination / guidance of others. By our deeds and actions, we have turned our sympathizers disheartened, with our overt and covert behaviour. We have a suspicious mind to distrust every sympathizer. So none is ready to help us in times of adversity. This education, which we profess has been our saviour, has turned us egoistic, self centered and crazy.

The only solution lies in changing our mindset, repose trust in our leadership and cooperate with Govt., apply mind, sense of understanding for our interest and towards the interest of the community. If we do not move ahead "" with changed political scenario, and new setup, we are lost in melee.



I see a ray of hope in my youth who have been realizing the gravity of the situation and without confrontation with elders have been drawing out a viable midpath besides distancing from following a confrontational policy. They visualize well the urgency to reconstruct themselves for the betterment of the community in changed new political setup. Our youngsters have a vision of leading a value-based life and are creating a world of purity, peace and happiness, forgetting past and shunning bickering, mudslinging and applying cheap political tactics and gimmicks. Thanks to their emotional intelligence.

Let us believe in their dynamic new change of thought and pave a smooth way for their emerging stronger and elders should act as a guide to them, when they falter, which they will never as they have tonnes of energy to chalk down, a fool proof strategy.







# The need of an hour is unity in thought, action and deeds

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We are fighting a war of wits with such forces invisible as well as visible, who by their actions have proved, beyond doubt, excellent stratagists, surpassing all others. Under such fluid and volatile situations, wisdom lies to protect the fractured community from facing further on slaughter. I remember a verse from a film song which apt the situation-

*“Nirbal se ladayi balwaan ki,  
Ye kahani hai diye ki or toofan ki.”*

Mere slogan shouting, passing resolutions unmindful of its repercussion will further damage the already vexed problem. No doubt, such young turks want to infuse new blood to the movement but it adds to confusion resulting in disunity. We all understand that the situation is fluid dangerous and volatile. Then what we should do ? This decision is a vital political decision, assigned to the apex body, as it needs the approval of the whole community. Young Turks have no doubt revolutionary views to draw immediate attention - but from which Govt., who had been instrumental in our exodus and indifferent attitude of our union govt.? They



are in no-way ready to displease vote bank spread all over India, because we are divided. The culmination of such different voices conflicts, contradiction has further compounded our miseries. Saner elements have been expressing their anguish at various occasions and appealed at various occasion to shed personal ego, show sincerity towards the common cause, and exhibit oneness in words, deeds and action. In spite of repeated requests, appeals and warnings to such breakaway fractions should operate within the parameters of mandate given by the community and its crossing the limit, creates disunity, conflict, contradiction benefitting the forces operating against our community.

It was felt to call a global conference, roping in all shades of opinion associating all young Turks, think-tanks, men and women of prominence living in India and abroad to internationalise the ground realities of our enmass exodus and bring to lime-light the untold miseries it brought and negate the malicious propaganda, floated by all such external and internal forces our invisible enemy. It was the outcome of many deliberations, spread over years of negotiation, that an idea gave birth to the creation of All India Kashmiri Samaj to act as an Apex body. It was a general consensus which emerged among delegates drawn from various parts of India and abroad and the community mandate favoured That Mr. M.K. Kaw- a versatile personality, a man of firm determination, wisest of the wise be empowered on behalf of the whole community to initiate dialogue process with the Govt. for our dignified return, accommodating the view of all fraction, break away groups to arrive at a general policy of return. Till the mission is achieved, it was decided to declare us "internally displaced community". It was made clear that K.P's will return to valley in wholesome



and not in piecemeal only when the conditions are conducive, with constitutional guarantee ensuring their political, economic, social and cultural rights. None of the affiliates gets mandate to talk, negotiate over return except All India Kashmiri Samaj- An apex body.

Apex body took clear cut decision after long spread discussions and deliberations, democratically roping in all its affiliated units. The unified opinion which emerged was declared as under:-

**"It is the community of K.P.'s and not the Govt. that will have to hammer out their future course of actions. We will go back to Kashmir- but the timing and terms and conditions will be ours and not Govt. force".**

Let us repose trust in Apex body comprising of men of prominence, think tanks, men of integrity, gifted with talents affiliated to the Apex body and disassociate ourselves and even expose mischief mongers who float different types of rumours/disinformation. For such souls humanistic conditions does not mean any thing, as such forces change their ideology like chameleons who change colours, as per situation and such leaders, who change their ideology for their interest.

Let us resolve to be united, sincere, loyal and prove to deliver the treasure of wisdom, magnanimity, open heartedness to defaulters.







# “Am I So Bad - No, Note At All ”

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**God wills - man disposes:-** For centuries, Kashmiri Pandits - my ancestors used to live in God's carved "Replica of Heaven on earth" called Kashmir. He embowered the valley with His blessing, fit for a living abode for saints and savants. God sensing the comfort of its believers, created a salubrious climate much needed for meditation and rejoicing and benefiting himself from nature's of fresh air, disease free, hassle free living in an atmosphere of perfect harmony.

**Gifted with unique trait :-** There lived a unique species with particular negative attribute, unknown and unheard of such peculiarity, such as individualistic mentality, self centred crafty nature and mentality of disagreeing with majority voice to establish his superiority. The positive characteristic of my community was intellectually gifted with Razor-sharp intelligence, to override others. He was able to grab the myopic opportunity to march ahead, finding a passage to enter. At times, he exhibited his vulpine nature, rab mentality to suppress other's, establishing the fact that the motive is survival of the fittest. He would feel elevated to do contrary to the wishes of the masses and criticize unnecessarily for criticism sake, with equal gusto, to establish his superiority for nothing. It is a common trait with the community in general to subconsciously thrive on it. It proves the fact that we are extra-ordinarily



conscious to be individualistic. So the trait gifted was a mixture of Positive and negative attributes.

**Disheartening views of foreign historian for K.P.:-** K.Pandits are enigmatic, individually and collectively, on unequal peculiarity of human character. This attitude has disheartened me, to have born in such a community which is looked upon with suspicious background. Going through historical records of great luminaries, quoting one like FREDRICK DREW- A foreign traveller and a versatile writer of fame, has drawn a character trait of community as under", "I find Kashmiri false tongued, ready with a lie and given to various forms of deceit". Foreigners disbelieve us, saying that they are crafty and wicked, attributing various derogatory words. This attitude turned him self-centered and thinking of self at the cost of community. I disagree with some of their statement, which smack of ill-will towards the community. This is a community of elite members, which cannot be taken for a ride. They see logic in every action and apply wisdom and are not led away by emotions.

**Why differential attitude is seen among K.P.'s living in rural area:-** Such an unusual attitude was markedly influenced by the impact of rural and urban environment, to which he was subjected to, from time immemorial. In rural environment, he established himself to be superior to dictate, pacify and rule over the less privileged section of the society, by applying his razor-sharp intelligence and emotional intelligence. With a little bit of worldly wisdom and common sense, coupled with a little education, he would serve the majority community in other ways, to gain their confidence and acceptability.

**Attitudinal Change in urban Environment :-** The other section of the K.P. community who used to live in urban culture, had no land to till, but liked to join service



sector in different forms. They had to make amends in their behavioural style of living as they had to deal with their other social groups and competitors and prove themselves to be a little rational and humane. For this overt and covert interest, they did not like to deviate from a particular style of living, pass on cultural ethos, rituals and festivals, on to the next progeny to emulate as a direction signal. However the habits which K.P. community has nurtured for centuries, do count in the formation of their mindset character-building. I do not blame the attitudinal behaviour, but believe in environmental conditionality, responsible for such a make up of their mind set.

**Tracine: the emergence of such attitude for rectification:-** Tracing the reason for the emergence and adoptability of such an attitude, dates back to the period of muslim rule in Kashmir when Pandits used to live mostly in villages at the mercy of majority population comprising of Muslims, for their survival. They had no other alternative but to adopt appeasement policy and to apply the art of flattery, accept subordination, crushing individuality. With a little bit of education and showing sublime modesty, KP's opted to attend to their petty jobs carving a place for their living. This attitude followed for a petty long time, turned-out to be a part of their - character. The other possible reason may have been their minority status, which made them to follow the dictations of the majority community of muslims for their survival of the fittest. After the Muslim rule was over, the other who occupied the crown expected the same subordination. The community at the helm of affairs had to follow the well laid-down track, exhibiting the same behavioural pattern, to elicit the same concession from the subsequent rulers, to deal with them.



**The Path choosen right or wrong? :-** It makes me to believe that they had to pass through various insurmountable hardships, torture, discrimination, manhandling on flimsy ground as his survival was based on their mercy, acceptability and such certain conditionality circumstanced him to adopt a definite posture of appeasement and studiously avoiding to adopt a path of confrontation, which to some extent was the right path. This attitudional change for decades robbed him of his originality and became a regular trait of his way of living and influenced his mindset. He could neither mend it nor end it, as it had become a part and parcel of his character formation and way of living. He was left with no other alternative but to crush his emotion and adopt the other-wise path of compromise with men and matters. The wisely projected attitudinal change not only benefitted him but made him to survive, while taking away, lions share in return.

**The Position of KP's in a new changed scenario:-** Times have changed after 1947. We are no more in subordination. Freedom has given us liberty to think, act and follow the wise thoughts of our elders. Difference in opinion as a sign of intelligence is an old and accepted adage. Enough is faced by the community members at various stages. We claim to be highly educated, but coin excuse & for forging unity and do not look like totally divided, confused, directless and vision-less community as accused. Truth must have no compromise. Ours is a microscopic community, believing in individual feeding, but with given determination. Our youngers have the power of unparrel resislience to with-stood the periodical on slaughter with a sterling courage. Our young turks with their ready wit, wisdom and diligence have reached the pinnacle of success.



### **Expectations from the youth of our community:-**

Now the young turks have to play an important role of a catalyst to bring about a change in the mind set of elders and radical change for betterment in the society, drawing out of the delirium. They have to invest an idea, create a hope and see the conceived dream gets materialized. Our youngsters have to act as a Beacon light. They have to create goodwill which stems from inculcating value such as peace, love, honesty, generosity, cooperation, justice, non-violence and tolerance. Goodwill arises when each individual cultivates and sustains the inner strength to resist negativity within such as jealousy, fear, suspicion, selfishness greed and arrogance.

**Community's ultimate hope for survival:-** I repose trust in my young turks and hope that they will have to work, more sagaciously to mitigate the misnomer attributed to the community, besides restoring the lost love, reviving the wise teachings of our ancestors, which proved an instrumental factor for our honourable living in peace and tranquility prior to the outbreak of Islamic fundamentalist culture calibrated from outside to create conditions of havoc, terror, distabishing not only Kashmir, but engulfing the whole World.

**Conclusion drawn:-** Let us try to prove our credentials before the world that their assessment is only arbitrary illogical, emotionally unsound, based on wrong interpretation of Flip-Flops of historians of yesterday years to recorrect and rewrite the history correctly.







# Descent of an Evil

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God in his trans-meditation, felt a commotion, hue and cry amidst meditation. He centered his vision to see an unusual scene of horror, unheard of, in his kingdom.

He deputed a devotee to find out the factual position of such a commotion. The devotee reported back in sublime devotion that a soul in "Heaven" was on a rampage, creating ugly situation, affront, excruciating pain, jube, behaved, inexorably, depicting vulpine mentality. His inhumane attitude, rented grisly effect ultimately disturbing atmosphere, otherwise somber. God heard his emissary patiently and suggested a lenient punishment as he conceived, the paranoid soul needs a mental reformation exhibiting mental delirium. God is benevolent, magnanimous and generous towards all and was against administering harsh punishment. He had to hear the voice of sanity around him, who advocated to - shunt him out from the kingdom. The sagacious voice was to be respected and he was thrown out from above to descent on this earthly planet. Falling down, he repented, remorseful for his folly and felt aloof, separated from divine effulgence and cursed for his unpardonable sin for creating situation like terror, breaking control forbearance, betenoire behaviour.

As soon as he was out of shock syndrome, he felt hungry and thirsty and search for food started. To his utter surprise, he saw many souls forming a serpentine quo, waiting to welcome a god sent guest to entertain him. He saw them simpleton, submissive, humble, meek,



hospitable, innocent souls, a unique creation on earth. Soon his vulpine mentality struck his mind to exploit them. He hatched an evil plan, disturbing peaceloving atmosphere and replace it with a reign of terror. There was no end to his vicious desire. After establishing his foothold, his unsatiable desire multiplied. He thought of indoctrinating hoodlums, with malicious ideology, dragging them away from godly fear. He nurtured a regiment of misguided youth loaded with vicious, pugnacious mental make-up, creating conditonality of migration for savants and peace-loving souls for their self respect and security.

The whole Earthly planet was rocked with violence and hatred. He created a new cult, with a hedonastic bent of mind, who indulged in consuming meat, alcohol, adultery, lust, vulgarity exhibiting promiscuous behavior. He created a regiment to use undignified and distasteful practice, using slang derogatory words. They were taught to ruthlessly butcher, which was only their devil mission. When the army was ready, it was scattered to various parts of globe. Different teams were created under the commandership of diehard fanatics. Such leaders would vitiate the congenial atmosphere, create divide in community by concocting fairy tales, coining their trickster ways to exploit the innocent. Their spread throughout the world was globally felt. First it appeared in the garb of doctors, as evidenced by history called doctors of death. Their entrance in politics proved dangerous to the whole world, dismantling the well-knit policy of co-existence. There was no end to this breed which multiplied, immeasurably in a span of two/three decades. To our bad luck a few sibling of such a cult fell to our share. They made their presence visible willy-nilly and surge pointed by exhibiting monster of dissension,



ignoring nations ethos. Devotees prayed in Unison to rescue them from such terror plotters. Almighty, the supreme power was still benevolent arguing that these misguided youth are mentally sick. They need reformation and their crab mentality needs proper channelisation.

God assured the complainants to be accommodative, show openness of mind, think rationally to curb its further spread. Both of us have to chalk out, a strategy to bring these misguided children to the path of reconciliation. Denial to abide by, would result in their untimely departure. God in his laughing mood pronounced that it took them 10 years to violate the congenial atmosrhere. Let the devotee repose trust in me, give me only half the time to set the matter right, as I have already made operational my counter-force to rebound their nefarious designs. Almighty pacified the sufferers to wait, watch and see, how things will get corrected, better than before.







# Three secrets of our honourable survival

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I hold firm conviction that my community brethern have seen discrimination at all levels. The rulers never considered us as a part of Kashmir population, but Indian agents. Contrary to their thinking, we left no opportunity to create awareness in them especially in the field of education. The result of turning them an enlightened citizen, leading them to the right path of prosperity became the cause of our forced enmass exodus. My youngsters can not be befooled, again and again. The exodus has exposed them to an environment, which they could not dream. There, they lived in a slavish mentality. My youth are free bird now to choose their own path, leading to their prosperity. My youth are now exposed to a different environment and have found diversified channels to explore and excel their achievements and prove their mettle. We are fighting a war of wits, with such forces, who pretend to be our friends, but by action proved our deadliest enemies. We are in-exile, waiting for an appropriate time to return to our motherland with dignity, constitutional guarantee of political, social, religious and cultural one, on the terms and condition to our entire satisfaction, while safeguarding the interest of all sections of the community. This dream to materialise may take a long time. Till then, every member of the



community has manifold responsibility, accountability to perform, which all of us should realise, as an enlightened community. I consider these pre-conditions, as secrets of our survival.

First among, them is the unity of thought action and deeds. In the hour of need, we have to exhibit our unity in diversity. There are many forces within and outside us, who devise nefarious designs to disintegrate us, by creating different views, contradiction, disinformation. All of us are wise enough and should not fall in their well laid-out traps. Such forces are to be distanced away and all their nefarious designs are to be neglected, making them to realise that they have lost credibility in the community.

Secondly, the cause of our survival which became instrumental was economic wisdom. Almost, the whole community would have turned beggars, as our tormentors had conceived, but thanks to our fore-fathers, who taught us the lesson of self reliance. Times have proved that exclusively depending upon Govt. or other agencies will not help us to mitigate our sufferings. All community members, who are in a position to help should extend every possible help, in respect of locating job opportunities, fighting seats for reservations in Technical/Educational institutions and rendering medical service to our fractured community. Saner souls feel highly obliged to such voluntary Sabha/Samiti/Organisation who have been rendering such service, extending every possible help. Much has been done, beyond expectation, but still the fight is to continue till our honourable return. We have to produce technocrats, scientists, business magnets and show to our tormenters, that your misconceived policy to turn us homeless, paupers has failed and the new generation has surpassed their expectations.



Thirdly, we have equally to see that there is no harm done to our culture. We have to preserve our identity, our rich cultural heritage, our traditions, our language, literature of our faith and watch such forces, who are bent upon to erode our ethnic culture. The fight on this front is to be subtle, continuous and sustained. Our various Kashmiri Sabhas and Samitis have been rendering great service. If we are a little careless, our progeny will forget the great gift inherited by us from our forefathers. All our elders should not forget to deliver the treasure of wisdom, magnanimity, open heartedness, which we inherited as an ethnic race. All of us should act as watchdog to see that our young who are hopes of tomorrow do not get deviated from the path shown by our fore-fathers.

Let us all work for the accomplishment of the above said goals and prove that we are still politically, socially and economically alive as an enlightened community, and as turmoil is transitory, we will, if God wills emerge victorious.







# Devil's eye...God's curse

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Kashmir had been a bone of contention, an apple of discord, ever since 1947. Every nation of the world in East or West had an evil eye to gobble-up the state on one pretext or the other. Such devil forces operating in our neighbourhood would coin its own excuses to lay down its preferential claim citing political, religious reasons. They have no other interest but wicked design to exploit its economic resources besides enjoying God's created gift of natural beauty having salubrious climate. They want to grab it willy nilly, least caring for its inhabitants whom they want to take for a ride, as they being simpleton, meek, peace-loving, hospitable and accommodative population. They lay its claim on the pretext of Muslim dominated population besides believing that partition was incomplete as Kashmir is a Jugular Vein for Pakistan. India Establishing its supremacy on the basis of annexation, as per Independence Act of 1947, legally tenable. American had their own coveted political interest in abetting, aiding and siding Pakistan, creating conditions of instability, sowing seeds of divided loyalty, instigating communal divide. Russia and its allies had a political interest in patronising the Kashmir interest. Almost all nations of the world, willy-nilly want to grab Kashmir in one pretext or the other, to turn militarily powerful, politically dominative economically wealthier by-exploitation. There is a cat race



for supremacy. Devils have lost all sense of shame with least respect for humanity, brotherhood, peace and tranquility as all these virtues of civility, are their deadliest enemies.

**Its Impact** - The well-knit drama of destruction, annihilation of human value did not end here. These devil elements within the country succeeded in their nefarious designs, when they created a communal wedge which was the greatest rudimentary shock, when they found their centre of interest slipping out of control. The devils invented new schemes, floated baseless rumours to vitiate the otherwise atmosphere and proved successful in creating a regional sentiments, raising and ranking issues like reservation for different caste, creed and regions. Devils malicious designs started yielding results when it gave birth to a new creed of strife, tension, infighting, regionalism, casteism, nepotism, corruption, favouritism, party politics and above all sowing seeds of communal divide. Their nefarious ill conceived plans, directly affected the sovereignty of the country, turning it politically instable, socially divided and economically dependent. Devil's pursuit did not halt here, but searched various avenues to harm the Indian Ethos, weakening India's unity, integrity and tranquility. They added new culture of creating terror, de-stablishing the country by exploding bombs, shaking faith of peace-loving masses to cultivate ambivalence. . These evil elements negated the much conceived idea of peace and brotherhood 'Which Bapu - the father of nation had conceived much earlier in Kashmir, when rest of India was on a boiling pot of revenge.

**God's Curse** - All these man made created, weapons of terrorism and lawlessness culminated into untold miseries beyond description was an open revolt raised



against the creator, bent upon. to harm God's creation. Almighty king of kings who is the ultimate saviour and protector of all creatures felt annoyed, dismayed, offended, displeased with such techniques adopted by devils and thought of mending them. Here again, He even proved benevolent, magnanimous, expecting a change in their mindset. When God felt that limit is crossed beyond mending, he adopted his own measuring rod to dispense justice and deal with such inimical forces. He gave vent to his displeasure by letting out catastrophic tremor like earthquake, Tsunami, famine and other channels taking death tools to millions. His ways are mysterious but wrapped with all warnings. He is too generous extending them all materialistic pleasure, but robs them of true happiness, solace, to lead a meaningful life. They are made restless soul with God's curse as they are bent upon to destroy, harm and annihilate God's creation, act against nature for which they get punished, which they realise too late. God curse those who break the trust.

"He sermonises through his scriptures that never break four things in life trust, promise, relation, and heart" when they break, they do not make a noise, but pains a lot, subjecting sinner to bear catastrophic for their wrong doings. God's wrath is invisible, manifested in various forms and only saner elements can visualise it.







# My search for my Paradise lost

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I recollect those old Hey-days of Kashmir, when Mahatma Gandhi - father of the nation conceived a ray of hope amidst loot, plunder, arson, Mayhem due to unexpected partition of India, culminating into bloodbath, enmass migration and subsequent redefining boundaries. The simpleton, God-fearing populace of Kashmir comprising of Hindus, Muslims, Sikhs, Dogras, Buddhists were unaware of the volatile culture emerging and reshaping of politics on religious lines. Kashmir was made a "Heaven" on earth and God



in his favouring mood had carved out a valley, unique in nature, unparallel in natural beauty, gifted the valley with Salubrious climate, surrounded it with lakes, rivers, glaciers to accommodate elevated soul. There was perfect peace and tranquility and every human soul used to worship according to his own faith. Every dawn we would hear ringing of temple bells, devotees circumambulated those temple, prostrated at the feet to invoke divine favour, singing religious, lores sung in Gurdwara and mosques. Morning Azan in mosque made the atmosphere receptive and added to the culture of bonhomie. There was a trumft of sanity, of reason, of sagacity. This made



the whole valley buzzing with spiritual activity when the day was started with true happiness, peace and tranquility. For Kashmiri Pandits, Kashmir was full of temples, shrines and pilgrims. Temples of Kashmir exhibited unique and distinctive architecture suited to its Geographical and climatic condition. All inhabitants Hindus, Muslims and Sikhs had their shrines and each community showed reverence towards all places of worship. The Tullamulla temple dedicated to Maa Ragina (Kheer Bhawani), Shankracharya Temple of Lord Shiva, Sun temple of Martand- unique, magnificent and architectural marvel, mysterious cave temple of swami Amarnath, abode of Maa Sarika (Hari Parbat), abode of Mata Jawala Ji (Khrew), Gangbal - Haridwar of Kashmir, temple complex at Sharda Peeth (POK) were a few among the large number of temples, held in great esteem. Temples are the cradles of the Indian culture. Worship of the holy image is normally purifying, aesthetically charming, emotionally satisfying and spiritually elevating. The devotees would recall the wise sayings of the great souls and ruminates over them so that one gets redressed from the clutches of Kaal and Maya. There was a perfect harmony, true happiness, respect for each-others-religion, which resulted in brotherhood and policy of reconciliation, love and peaceful co-existence. This hybrid culture made inhabitants to eliminate to a large extent dogmatic ritualism, developing spiritual wisdom and most stable mind. Our ancestors had been nurtured in a unique ethnic culture of its own with social customs, rituals suited to their style of living. Those old





good days were an era of simplicity , purity, dedication and utmost faith.

But Alas! It caught the demon's eye who could not tolerate such conditionality of co-existence. They were on the look out for an opportunity to break such unity of thought and action. They roped in weak minded, fickle minded personalities, vitiated their mindset, provoked them to revolt, rise and awake, for their vested interest. The century old tradition of unity and brotherhood was given a final burial. Misguided youth were lured, tutored, indoctrinated with venomous ideology to vivisect the state on communal lines, by raising faracical and superficial demands, preposterous and unviable, couched in a language of compassion was nothing but a sinister move to harm the Indian interest. These anti-national, anti-social elements got a boost when there was a weak Governance of pop & mom, who had no cogent policy and the vacillating policy of the Indian polity made their nefarious design easily workable. Political masters at the helm of affairs, studiously avoided formation of a determined policy for lack of will power, considering the vote bank policy. For decades, the Pakistani establishment has nurtured the monster of terror. The Frankenstein's monster which I.S.I. played the lead role in creating terror now seems to be raging at the doorstep of its master. Their calculated trickstry bore fruit. They were able to break four things in life. "trust, promise, relation and heart". When they break they do not make noise, but pains a lot.

All this conspiracy was hatched to destabilise Indian patriotic forces and Kashmiri Pandits became its direct victims. The problem of exodus of lakhs of Kashmiri Pandits and its subsequent displacement should have been looked at, from humanitarian angle. Our tormentors are unwilling to provide us a political space or



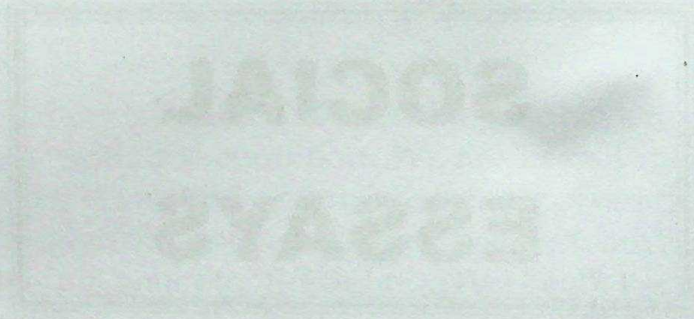
representation or a voice in the Governance or a conducive security environment. We are unheard, unrepresented or faced with a deafening silence. Our diaspora have made us more conscious, more self confident, more cohesive. Under the present scenario, we have to charter a new course apt to condionality. The first task should be to ensure the cultural and social cohesion of the community. We need unity in action and deeds. In reality the urge for oneness does not exist because we have created so many distinctions. We should have an observant eye. Any shrewd observer of the scene can see where all this is leading to ? We seem to have entered a cataleptic trance, unaware of the imminent dangers that looms ahead of us.

Nothing is known as to how long we have to remain in these wretched condition. We are in real indignant condition. We should continue to agitate for our demand, till we regain our lost paradise and oppose tooth and nail, fee-faw-fum policy to "Rob John to Pay Paul". Let us keep memories alive, for a cause.



# **SOCIAL ESSAYS**







# Kashmir in Topsy - Turvy

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God- the creator of the universe, in his extreme state of happiness, favoured creation of a paradise like a one, in 'Heaven' on earth for revered angel soul and create a place of solace for the seekers of knowledge who would tread the path of wisdom and men of action who would seek the path of action. This paradise was gifted with natural beauty and salubrious climate for sages and savants and nature lovers. The valley was ringed round the mountains entrancing lakes and fascinating glaciers. Its beauty aromatized with rich heritage of living in perfect harmony. This pious valley was named as "Reshwar"

The secret behind the mysterious nature mystifies us. The virtuous valley was created, for the dwellers to follow the Godly injection of leading a virtuous life, attain the level of purity that is akin to divinity. A valley so beautiful and pure was carved out, beyond our imagination for accommodating revered angel soul, with nature made purest and gentlest. Entry was open for virtuous revered enlightened souls, who used to live in perfect love, happiness, fraternity and solace. It was a world of its sort, itself established by God. The Chief feature of this paradise named Kashmir (abode of Kashyap Rishi -saint par excellence) was purity which governed the entire cycle of birth, life and death. Impurity in action, words and thought was unknown. The dwellers



were soul conscious, flying creatures, light and free and filled with all qualities of goodness like that of an angel.

History tell us, that this golden period in human history continued on, for 2500 years and then the virtue started to decline and so did external nature. Man lost his innocence. They ate the forbidden fruits of body consciousness and the whole earth became a home for fallen angel. A few came to the share of Reshwar, who by their nefarious designs, pulled dwellers from God like status and made them to enter the cycle of vices. There was a loss of purity. It was dominated by the vice of sex lust, greed for power, dominance to rule that drove human beings out of the paradise. The Halo of holiness, the wings of freedom, the external bliss was, all lost.

The devils were on a look out for an opportunity, when they could turn purity into an impure state. They invented concocted stories to create condition of loss of connection with the powers of the soul. Internal happiness and spiritual power inherited, disappeared. Human dignity was lost as man shifted his wings of purity. Impurity invaded all spheres of human existence. It was visible in gender discrimination, over population, scarcity of resources, violence, conflicts, wars, creation of problematic identities, formation and split of countries and communities. Sufferings was the consequence of wrongful actions, performed by the soul. We lost the tract of 'let deeds match words'. The divine wisdom of the sages and savants is ineffable, unfathomable and inexpressible. The human intellect is just not capable of comprehending the deep import prediction of the saint. The land of saints and savants stand ravaged by violence and hatred, while religious tolerance was made to disappear. Saints have gone into seclusion. The institution of sainthood has been given goodbye.



The heaven is lost because of foreign incursion which caused political strife, disturbing the social and religious lives of the people. The modern Kashmir pretends becoming intellectual and rapidly loosing touch with innocence. They proclaim knowing a lot but feel a little. The sound reasoning-power, normally a hallmark of the intellect, is given a permanent burial.

The devil's wit has entered their heads, through the prism of communalism to vivisect India further. Such inimical forces are trying to divide the country in the name of nationality, religion, class, language, looking for a reason to separate. Pakistani adventurism, Islamic extremism, brutalized killing, paralyzing the structure of authority, loosing sense of logic and judgment are all, dirty tricks, culminating into, multiple vices of unpardonable dimension.

The Heaven will be regained if they determine to have a vision of leading a value based life and create a Kashmir of purity, peace and happiness for which they have to change their mind set. Purity of the soul, purity of the heart is the greatest shield of protection. If they are able to purify the consciousness, attitude and deed, they are able to protect themselves and others from the influence of negative feelings. They have to distance away from confrontational policy, accept ground realities and keep aside policy of feigning ignorance. Repentance is the only obliging factor, before God, who is annoyed with such inimical forces, who have destabilized peace and tranquility of the land of saints.

Let good sense prevail upon all misguided, human beings.







# Attachment v/s detachment

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## Two confusing terms

The two, often spoken words which strike over my mind during studies of scriptures centred round attachment and detachment. My mothers wit fails to arrive at a definite conclusion as to which is to be given priority in the development of a man's wholesome personality. So, I have decided to put down this perplexed preposition before our readers to elicit their opinion and would follow it, as vox-populi of the saner, elevated, enlightened personalities, who matter in the community.

## Attachment a Boon

To our little mind, we find attachment as a pre-condition for the development of a balanced, loving family, a binding force an emotional bondage which ties-up the whole family wellknit by relations. Attachment creates a feeling of belongingness to a particular creed to rope them in, together. It seems to be an emotional instinct to bracket the whole family into a thread, keeping them united in serving household purposefully. Above all, it stands as a collateral security against any eventuality which may arise at the time of adversity. It stands as an insurance cover, to bank upon when need arises for the development of one's self and reap the rich harvest from its name and fame.



## Attachment - A Bane

However, we understand over-attachment in matters of wealth, person, property stands as an obstacle to realise self. It may create hurdle in moving ahead towards the path of morality and spiritualism. Excessive attachment may turn him selfish, egoistic as he is bogged down headlong in thought and action. Attachment or infatuation seems to us an obstacle distancing us away from spiritual elevation. Attachment traps the soul and takes away its freedom. These attachments only bring sorrow, as nothing in this world really belongs to us. We are the trustees of all that comes our way in life and should guard ourselves, not to be trapped by any sort of attachment. Attachment gives us no contentment, but in return we get pain, no solace or happiness for which we clamour. Human being - the most intellectually developed of all species on planet earth is never free, when he brackets himself in attachment. He knits a trap like a spider web to be entrapped in it. So understanding its pros and cons, our opinion disfavours siding attachment which is to invite more trouble than to seek succour out of the misfortune.

## Detachment - A, Necessity

Detachment brings us nearer to the ground reality. Detachment does not mean keeping self detached from performing household necessities. It is a domestic compulsion - a basic requirement which even elevated saints and sages have not shun. Detachment to us, signifies a conditionality of living, in performing our assigned duty towards the family, but without much indulgence, "just be in the world, but not of it, like lotus". 'This million dollar question seems to us unworkable in the present era of materialistic world of household compulsion. Here, we mean detachment not for



spirituality but it is concerned with some down-to-earth realities of human existence.

## **My personal opinion**

To my inquisitive mind, watch every thing in life as a detached observer. Life is like a game, watch it happily. Wisdom lies in regarding the world with an air of detachment. It does not look a wise policy to go down headlong into the morass of worldly temptation, entangling his self into social relation, which are based more on sentiments or motivated by self interest. After all, nothing is perfect in this imperfect world. The more we taste the elixir of life, the more we feel thirst for it. Our desire for material achievement knows no bounds. Self interest is the cause of quarrels, wrangles and disquietude in the family. When selfishness and pride are renounced, man elevates self to reach automatically to the ladder leading to the path of spiritual grooming. Detachment make us to differentiate between the right and the wrong path, as its decision trickles down from a pure mind, which is unbiased, unmindful of its result.

## **My Conclusion**

To our fragile mind I draw out my conclusion that the wisdom lies in finding out a midway - a golden path, making a sagacious choice in balancing between the two equations. We have to move ahead in the right direction as per the dictation of our mind and conscience. We have not to engross self in such household activities which takes away our inner conscience, turn us irrational. We have to follow the path of wisdom as we have to carry nothing with us on the doom's day, except the good "wishes, blessings of the people which are only added to our permanent account. We do not merely want to



progress materialistically, but wish to grow mentally and spiritually, too. Only the pragmatic decision will help us to reap the rich harvest and come out of this - turmoil, forced on us. We see, at present in a changed scenario, the system of social order of the KP's culture is breaking up leading to a restless life, full of disappointment, disquietude and tension. We need a sound reasoning power, normally a hallmark of intellect, which is being given a permanent burial. It is the instrumental cause of our restless soul, with a frustrated mind which deprives us, to draw out a line, to think of a viable and correct path to move ahead.

So attachment to a particular limit and detachment from mundane enticement is to be balanced to make self - happier, contented, elevated, mentally, morally and socially is to be the Mantra to follow.



# Culture...A unifying force for my community

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Agg. No

Dated

19-3-10

Sudden and unexpected change of events created conditions of forced migration and brought with it diversified nature of problems political, economic and cultural. The other allied problems can be tackled according to situation, but I believe that change in cultural factor has a direct bearing on the living conditions of the community. Once, it gets eroded, it is difficult to bring it to its equilibrium. We elders are convinced that our young turks have the innate quality of adaptability to search out ways to regain lost political status and at the same time, find avenues for their economic elevation. As he enters the broad Horizon, he has to change his mindset. My youngsters have been nurtured in an atmosphere of a well-developed cultural setup-which exhibits all virtues of civility, transmitted to our progeny. As a benefactor of a fractured K.P, Community. We elders have to watch that the rich culture, social values, inherited should in no way, get diluted even when we in, exile. Our families are exposed to multi-dimensional culture and environment. Our youth should not be tempted to emulate for the purpose of adjustment and say wholly or partially good-bye to our well laid out culture. To switch over to new conditions of living without application of



mind will prove detrimental to our community interest. We have lost much and we have to revive the lost identity, maintain and make go cultural traditions for our progeny, side by side strengthen socio-cultural and religious aspects, if we want to maintain our ethnic identity as a Kashmiri Pandit considered as an elite community.

We have our own religious customs. traditions. festivals. each carrying its meaning and keeping our culture active is paramount. Elders should act as a watchdog to see that these values are not eroded, replaced or left out. Such festivals like Mahashivratri. Ram Navmi, Navreh. Zesht Ashtarni, Pann. Yognapaveet. Watak-Puja, Birthday Puja, Grah Parveesh, Raksha Bandan, marriage within the community; Havan etc. The fight on cultural front must be continuous and sustained. Let us contribute our might in whatever way by offering sound advice, execute schemes for the common good of Biradari. These occasions would provide the whole members to sit together pray, observe well laid down norms of decent living. Prayer is the force that help us move forward. They bind, invoke, bring result for the family. Holy festivals had a common goal to create a feeling of oneness, unity and respect for our elders. Collective prayer or "Arithi" would make us to realise that true happiness, solace would be possible, if we submit our-self to the will of Almighty God. Migration has worst effected our good virtues. Our community was known all over the world for a close knit family structure but in migration we see they are falling apart. We have lost our spiritual direction.

Our young generation has turned arrogant, disrespectful directly effecting moral and social fibre, unity of thought and action. In a new setup, family members do not communicate with each other, as each one of us have turned individualistic, fighting for self



interest. forgetting our family members and the power yielded if we are in joint family. Every big festival was celebrated with joint prayer where in all members would participate making it a point to reach home at all cost. It was considered that collective offering prayer was accepting God as the axis of our life and to seek his blessings for the whole family. Such family/families were happy when they were united. Today each unit of a family celebrates, drinks, eats, makes merry and considers it, the goal of the festival. They have moved away from the divine consciousness such units may appear to be outwardly happy but during distress slide away morally. Moral descend leads to unhappiness, strife, tension and negative mentality. They have turned materialistic and consider happiness and spirituality can be bought or sold with money, which is their misconception.

We have to preserve our cultural identity, our rich cultural heritage, traditions, language, faith etc. wherever we migrate we should establish centres for meeting and jointly celebrating our festivals to preserve its sanctity. Moreover such assemblies would help us to introduce ourselves and serve as a miniature society. The Samiti should act as a guiding centre for the progeny and the collective voice can help to get political and economic concessions. Let us remain united, shed egoistic attitude, work for the upliftment of the community and see that customs, traditions, festivals are celebrated with glory and pomp and show, while maintaining its sanctity. True happiness springs from heart. but when hearts are divided there is no happiness, no unifying force. Disunity will lead us to a situation of complete isolation and annihilation of our community.







# Balance Sheet of my Community

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In accounting terminology, Balance sheet of an organisation is the mirror depicting its position of Assets and liabilities. Taking clue of this concept, we have impartially drawn a Balance Sheet of our Community pre-migration and post migration to know and assess if we are gainer or looser. So far we are in exile, availing Sojourn status thrust on our Community.

## Balance Sheet before Migration

Dating back since 1320 our community had been living in a State of conditionality, in a state of doldrums and stupor, bearing all humiliations, jube, apathy and discriminations. We have been pocketing in silence all such man made curbs, as it seemed to our Community no alternative, as our community had been nurtured in a mental makeup of subordination and never chanced to broaden our mental calibre or vision. Our community had to compromise willy-nilly, bearing all trials and tribulation as we conceived our existence showed complete dependency. Kashmiri Pandit no doubt got freedom in 1947 but the freedom to forget their dignity and live a life of ignominy. So the greatest liability was to defeat self conscience and community interest. We inherited a narror vision to think rationally and logically and elite members of the community who conceived the



bleak prospects in future for prosperity departed earlier, like a wise businessman to search, explore the prospective market. To run the so called worldly business, we had no option, but to pile up the working capital, which was in proportion to our exertion of mental and physical labour put in.

Sensing the situation, to save our community from either extinction, disintegration, our ancestors nurtured us, shaped our destiny to live a disciplined life, cultivating congenial atmosphere of live and let live with others. We were taught to be accommodative in nature, socially viable, economically independent and as far as possible politically alert, but in submission. Our think tanks acted as a Beacon light for others to follow. It was well conceived, articulated meticulously executed vision of our ancestors, who armed the community with two assets of education and wisdom. Education helped the community to carve out their place in the then society by going in for petty jobs, to make them Economically independent. As we were in negligible count and the treasure of wisdom made us to compensate the otherwise tilted balance sheet. The treasure of wisdom coupled with the treasure of education made our community to march ahead and save self, community from further going into loss, like a shrewd businessman. Our community visualized the working mind set of majority community, not only brought a change in their life style towards our community, but mended them too, to suit our interest. So the Balance Sheet before migration depicted a state of imbalance, zero centered profit, with an open challenge to revise our policy for better results.

## **Balance Sheet after Migration**

Nostagically, our community had to face an



eventuality unexpectedly and the Balance Sheet of our community got topsy turvy. Unexpected migration proved a blessing in disguise though still many of our brethren may have their differential view point. The inherited assets of bygone days turned into vice. The social virtues like courtesy, politeness, reticence, decency and respectability towards the human being was a talk of the past. Community witnessed a mushroom emergence of self styled leaders loaded with egoistic bent of mind, Crab mentality and self centered narrow vision which culminated in the fragmentation of the community. The inculcated asset of Education and Wisdom was misused. Leaders of eminence were made to take backseat. Our community turned directionless. Our community of sages and savants for centuries, temple of inspiration for the seekers of truth and spiritual knowledge, witnessed a calaclysmc within itself. Cheap politics and political planking, mischievous propaganda was given a boost. It gave rise to self doubt, uncertainty, anxiety, jealousy, mudslinging, imbecility, faction squable, allegation and accusation couched in impolite language, allowing slanging match to go on. There was drastic change seen in community when serenity and tranquility of pre-migration turned a liability, nerve shattering. There were broken families, separated couples, neglected elders. The community turned materialistic in attitude. We lost the sense of logic, judgment, zeal for activism, discretion, but mastered in the art of Proliferation, leading the community towards disintegration and chaos in general. Our was a savant community of intellectuals wholly dependent on service sector for survival. The avenues were almost blocked by adopting Reservation in services and trainings. God turned benevolent towards the community and paved way to throw open many avenues so far unknown and exploited and helped the community



to regain and restore lost glory. This uncertain situation gave birth to great icons in the community, who unmindful of their accusation, toiled hard carried the mission ahead forming samiti, sabha and samaj at various places of concentration of bulk exiled populace, searched avenues for their financial, social and economic rehabilitation. They proved Margdarshak and prevailed upon the nationalistic forces to arrange for reservation of seats for the community turks. These well-oiled organizations did a hilarious task of making the hapless, forgotten community to turn optimistic and prevent them in falling into bad trap, helping the fractured community to regain self respect which was sacrificed for myopic opportunist Politics. There was definitely an economic gain, development of wider vision, freedom of thinking and grabbing opportunities worldwide. All the process took a long spell of a decade but application of our knowledge, wisdom helped us to bravely face the storm of uprootment.

## Comparative Assessment of Balance Sheet

To our brethren among the community conceiving narrow vision, weep, talk and feel remorse that they had lost physical wealth which they had accumulated toiling hard, making them to depend on doles. Every pensive soul is hurt sentimentally and emotionally to see the untold miseries through which they had been made to pass. Physical loss of property is no loss, which can be indemnified in comparison to our loss of culture, lives of innocent men and women, social values seen in the form of broken families. We lost much in proportion to what we gained. It was freedom of speech and action, self esteem which we had made to sacrifice. We had lost all traits of morality character and self respect. The



dissemination of knowledge gave an exposure towards prosperity to our progeny which would have been impossible in that volatile situation. We exhibited our wisdom like a shrewd businessman, faced the depression stage, struggled hard to reach the recovery stage and are heading towards boom stage. No doubt, we carry a firm conviction that migration proved a God given gift, a blessing in disguise for our community as our community is marching ahead surpassing our expectations and reaping windfall profits in the form of community excelling in all fields. We kept waiting for long 50 years to find a prospective Balance Sheet of our community which we failed to correct but Almighty with his master stroke, rewrote the Balance Sheet for our community prospectively. Let us all thank him for he proved to be a par-excellent Chartered Accountant and converted irredeemable loss towards windfall profit.

## Result

Ours is an intellectual forum, often meeting in Rohini, seriously deliberating on the burning issues confronting the community, where in each member lays down his view point frankly and without any coercion. Almost all the members concluded that economically we turned gainers but at the cost of other social, cultural and political factors, which made us divested from ethnic culture, keeping in abeyance social ethos and losing political identity.

So we lost more than what we gained, speaks the Balance Sheet in silence. The need is to correct the imbalance immediately.







# What ails my community?

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I used to feel mentally and morally boasted that my community has been gifted with all virtues of versatility, dynamism and circumstantial adaptability. Our community had been the original aborigines of a pious land of saints and savants, which speak in volume of our recognition all over the world. Our microscopic community has surpassed all other communities in coining its distinct culture unparallel and unique in nature. We have been a "Beacon light" for other communities to follow. We have been rightly tutored by our ancestors to lead a pious and virtuous life and shun hedonistic bent of mind, prevalent in these days of living. Those luminaries of bygone days proved our saviours. Through our good deeds and pure feelings, we created a community of saints and savants, Masters of bygone days inculcated in our community a feeling of goodwill, compassion, thought, words and deeds. Once we believed that knowledge is light, knowledge is might. Our microscopic community has the distinction to produce leaders, scholars, saints. Bureaucrats, men of eminence, who mattered in policy making. They were held in great esteem and regarded architect of the Government.

But Alas! I fail to understand how this enmass exodus has reversed all our virtues into unpardonable sins. We were exposed in identity, unity and diversity. I conceive



we were partly exposed due to our economic standing and partly because of loss or erosion in social virtues. Our tormentors took advantage of our infighting, and disunity. They found us divided in ranks, fighting over trivial issue, doubting nature and hatched a well knit policy to deprive our community of their legitimate rights. Our tormentors found our knowledge, hollow with less application of wisdom. Present day leaders failed to have proper understanding of Muslim psychology and their malice intention. Kashmiri pandits self styled leaders keep seeking each others props to keep afloat their pockets of political shop. Such leaders negated all virtues helped in creating unconducive atmosphere, indirectly helping state/central govt., as they had no cogent policy neither towards Muslims nor towards Kashmir. Our community suffered gross neglect, utter dismissiveness and stark abbreviation due to irresponsible naïve statements, addressed from time to time. I feel rather dismayed to believe that once, a community of think tanks have stooped so low, saying adieu to razor sharp wit.

No wonder we excel in surfeit of theories, propositions, floating imaginary solution to our real problems. Our hapless KP's are looking askance at the bleak scenario that is enfolding before them. We are now dismissed as a community of no consequence. None of the political masters are ready to provide succour to fractured community when it is in real indigent condition. Socially oriented high up among the community are looked upon with suspicious look. They feel that the community is facing the problem of survival or extinction. They want to restore the serenity and tranquility of by-gone days. Allegation and accusations couched in impolite language are flying free fast. The slogging match is going on. A minuscule community like ours will take



only two generations to disintegrate and disappear. Community has mastered in the art of criticizing others and giving unsolicited suggestions and advices on various issues as per their wicked mentality. We have lost the sense of logic and judgment, zeal for activism and have become masters of mudslinging, backbiting and refraining the well wishers of the community to march ahead. We have turned individualistic in mentality, not ready to accept the advice of the saner souls we unnecessarily cast accusation, unmindful of its repercussion.

The resultant effect is a drift in our society towards annihilation sooner or later. A gnawing feeling has emerged that our youth and even educated youth are indifferent to the events through which we are passing. Youth were showing no interest towards our socio-cultural moorings. Elders have turned mere helpless spectators, which was proved wrong as a mischievous canard by a youth organization "Root of Kashmir". There is a psychological acculturation due to change in both overt and covert behaviour that has occurred at individual level, while the group is collectively experiencing acculturation.

These leaders have created a certain amount of disillusion and distrust towards all and none is ready to go in for thankless job. We feel despondency, hopelessness, delirium, imbecility rampant everywhere. Saner elements believe that elders should implant the thinking of our ethnic culture. Their internal bickering, raising redundant and meaningless questions, adopting egoism, individualistic mentality and hobnobbing with tormentors is a sign of betrayal. This is a world of make believe through media, where we lack to project our case. Words and images are twisted to present ambiguous



meaning. For all this present scenario, I lay fault on our mushroom, self styled leaders, who do not allow the real leaders to move ahead and float baseless stories, to create confusion and chaos.

There is much to say about such vulpine nature, crab mentality possessed by self styled leaders. Beware of them. Willy-nilly they have stooped too low to sell the community, in wholesale rate for their self-interest. Such leaders help tormentors to enter into gafee-prone, out of box compromise to turn the whole community in a condition of stupor. The opponents win the game of wits and lay squarely blame to the community making us a scapegoat to cajole and coax the various factions of the Hurriyat and hardliner. By their deceitful approach KP's have lost their home land, economic status, political identity and are bent upon even to forgo our remaining culture, which we still have preserved.

So think who is responsible for our misfortune?



# “Meeting Karmyogi – Hearing Pearls of Wisdom”

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I am Godfearing, soft spoken, man of simple habits, humble, unassuming, exquisitely courteous and above all believe in down-to-earth a practical man, broadminded, believing in the service of mankind. I have been indoctrinated with good virtues of head and heart to live for the cause of the community and fight for justice. It is a social responsibility to march ahead with new hope, show grace, magnanimity, hospitability in words and action. I have been advocating that the major challenge to my community is safeguarding its identity and proper rehabilitation. If we start infighting on trivial issues, exhibit vulpine nature, crab mentality, egoistic temperament we are debasing our community's interest.

It was 19<sup>th</sup> November, when I received a telephonic message that Sh. Amar nath Vaishnavi president ASKPC will visit Rohini and will address the gathering at my residence. It was a great honour and responsibility to call men of eminence as the whole community is indebted to his selfless sacrifice and his unanimous choice to act as a chief editor of the community's Pioneer newspaper "The Martand", speak of his paramount influence, he commands. As a devoted soldier of the community, I flashed messages to various "Icons", "Think Tanks",



"Saner Elements", "Policy Makers", President of the Rohini Association Mr. Moti Lal Raina and by the time Mr. A.N. Vaishanavi, accompanied by his three vanguard arrived the full drawing room was jam-packed. His team comprised of three big personalities naming Kundan Kashmiri, B.L. Thusoo, H.K. Razdan and Rohini Association was headed by its President Moti Lal Raina and its versatile executive members and other intellectuals, men of letters. The star attraction was presence of earlier two presidents Mr. Sumeer Chrangoo and Dr. M. L. Wali All greeting the team with standing ovation and heard his speech with rapt attention. He thanked all gentry and explained in detail aggravated circumstances leading to stoping of circulation of "The Martand" due to turmoil and threatening attitude of fundamentalist and then the conditions which made the executive body to revive the decision to restart the pioneer newspaper, an acknowledged organ of the whole community. His speech was short, well timed, brief, to the point and above all convincing.

As a pensive listener, I was able to pen down some of the important abstracts, drawn from his speech as under:-

1. Myself and my team will continue to meet and discuss matters on a one to one basis, till all the knots have been unraveled. This will necessitate a fair amount of objectivity, clarity, patience, preservance and good humour.
2. We have to reconstruct our lives in a new environment and in a new milieu.
3. Ours is a sordid tale of total neglect for which we have to fight honourably.
4. We have been betrayed by our saviours. There is a certain amount of disillusionment and distrust in



the community. We are in a state of delirium, which could be sequel to migration stress which is ostensibly a thrust of demanding attention, elevation and recognition.

5. We lived a life of ignominy in Kashmir and sacrificed self respect for myopic opportunist politics.
6. Broken families, separated couples, neglected elders, filiat ingratitude have become a common feature of our urban / rural community.
7. It is a national shame to offer pittance as survival allowance to the aborigines of Kashmir, for being patriotic Indian without proper rehabilitation and well being.
8. A minuscule community like our will take only two generations to disintegrate and disappear, if no solution is worked out.
9. Let us hope to revive serenity and tranquility of these early days of pre-migration. The land of saints and savants stand ravaged by violence and hatred and religious tolerance has disappeared.
10. Through our good deeds and pure feelings, we will be able to create a good fortune for the community. The action we perform are righteous and more importantly free from self expectation and egoistic attitude. It is essential that righteous actions are accompanied by pure feelings of goodwill, compassion, joy and generosity.
11. When we sincerely pay attention in nurturing our virtues and removing our weakness, we are able to touch other peoples' lives in a better way.



12. Let us distance from those, who feel rejoiced in sensationalising false news which will do nothing but affect the community's prosperity and encourage anti-national elements.
13. We need to rise above petty and narrow outlook. Our identity as a Kashmiri Pandit has to be safeguarded at all cost, socially and politically. Our rich culture should not be allowed to be obliterated or wiped off. We should make commitment to the cause of human welfare in general and community in particular.
14. We should refrain from following policy of sycophancy and disallow separatists to vivisect the country, on communal lines.
15. Whatsoever task we perform, we should do it with love and whatever task we expect other's to do for community, give them due respect, love and unconditional support, provided the mind is clear, attitude is positive and thinking is rational. The goal is identical. All are working with similar mission but the approach may be different.
16. I believe in moving from place to place, have confabulations with the think tanks, saner elements, elevated souls which will not only unite us at heart but also unite us in Agenda, strategy and tactics. We should have cohesiveness in the spirit of accommodating each other's view point and show tolerance, wisdom and intelligence. Today our existence and identity is passing through a turmoil. Our customs, traditions, language and faith have got eroded. The need of the hour is to reconstruct ourselves for the betterment of the community in a new scenario. We are peace-loving souls and we



have to spread vibration of peace and not of anger. We can transform our community in a state of "Heaven" only, when we have our own newspaper "The Martand" -our community's voice of people to project our problems and give its wide publicity to reach the corridor of politicians who have to dispense justice.

All the audience felt satisfied and some of the members raised certain points of doubt, which was instantly replied and cleared by Mr. A.N. Vaishnavi and his three vanguards. It was a well arranged get-together, face to face talk and all including myself, were convinced of their dedication, sincerity, simplicity and straightforwardness.







# Avoid cribbing and complaining

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I am proud to be born in a community of saints and savants. My community has shown the power of unparalleled resilience that he has not only withstood the periodical onslaught with a sterling courage, but has also with his wit, wisdom and diligence reached the pinnacle of his professional success. We are ab-origines of Kashmir and forced exodus does not mean that we will sacrifice our dignity and self respect for myopic opportunist politics. So far we have sustained with patience, the mentality of siege. We have fallen victim to physical and psychological ailment. The need of the hour is to reconstruct ourselves for the upliftment of the forlorn community in a new situation of sojourn, till we return to our root.

Today our identity and existence is passing through a turmoil for the last 20 years. The circumstances have made us egoistic, individualistic and a few among us have developed perverted mindset. Some of the community "Icons" have mastered in the art of criticising others and giving unsolicited suggestions and advices on any issue. They have become masters of mudslinging and abuse proliferation. We have lost the sense of discrimination. Neither we work ourselves, nor allow others to work making false allegations which demoralises them. Such critics are the enemies of the community. Let us avoid cribbing and complaining,



which is our exceptional trait of exhibiting intelligence. We usually complain. This is not done, that is not right, I do not like this, people have not asked me before doing this or that, he is dishonest, he is selfish. The list is endless. They feel elevated when they make unfounded allegation about people and situations. They forget the good things done. They develop negative thinking.

They remain always in tension because of their mental attitude. Instead of constant bickering we should bring about some change in our attitude and response. We should learn to appreciate the good things done by others. Secondly whenever we have to point out any shortcomings, we should do it objectively. There should not be any grudge or ill will against any person. A leader should prove to be a role model for others to imitate, change others directly or forcefully. The more force we apply to change others, the more their ego becomes adamant, not to change.

The only way is to change yourself, to change your reactions and responses towards what others are doing or behaving. We must realise that the person misbehaving is doing so, because he is a slave of his bad habits and nature. For his bad habits and lower state of mind, why should you get upset? By entering into argument you also lower down your level to his level, which is not desirable. You should maintain your mental level and standard. For any right or wrong done by any person, he will enjoy or suffer automatically through divine justice.

Differences in opinion are an old acceptable adage. It does not mean that we should loose patience, exchange uncivilized war of words for settling personal scores, start incessant tirade. It debases us collectively. Such critics do more damage to the community's cause than to mend



it. We see new colours of such individuals, to demean the struggle.

Let good sense prevail upon such self-styled leaders. They should have a positive mind to think. Let all of us live for the cause of community. We need unity of thought and to rise above petty self interest and narrow outlook. Our identity as a Kashmiri Pandit has to be safeguarded at all costs, socially and politically. Our rich collective culture should not be allowed to be obliterated or wipedout. Let us be down-to-earth, a practical, broadminded, cooperative in approach and believing in the selfless service to mankind. People are loosing patience over homilies traded by such self style politicians.







# The Two Hidden Enemies Enveloping our Personality

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The two greatest enemies, I conceive disallowing us for attaining true happiness and solace to self for balanced personality development are, egoistic mentality and excessive indulgence in materialistic bent of mind ie that is attachments. All types of miseries enter through the Ego. It can not make us blissful, but will only make us miserable. Ego is Hell. The head becomes heavy and suppresses the softness of the heart. The head creates a false centre is us and we lose our individuality. Ego is a false life. The modern world is becoming intellectual and rapidly losing touch with innocence.

Everybody knows a lot but feels a little. Ego is a social phenomena. With a false life how can one be ecstatic? An egoistic mind cannot see it because it is his own darkness. Such people having egoistic mentality are infact mentally sick and need psychiatric treatment. A polluted mind with an egoistic bent of mind is dangerous, prone to community interest. Difference in opinion, as a sign of intelligence is an old and accepted adage, which is solved by mutual interaction.

We all feel Guru and God are not different entities. They look different as long as ego prevails. Once, the ego vanishes, the two appear to be the two sides of the same



coin. So we have to shun misplaced egoism, to enter the corridor of Heaven as God in his sermon has rightly said that if you intent to please "Him", please his people, his creation with unselfish, egoless bent of mind with sublime devotion to seek divine effulgence, which is a pragmatic approach.

Secondly attachments is not an unwanted virtue, but a boon to the development of a balanced family leading towards true happiness. Attachment is a safety device to the well knit family. Attachments towards family, wealth, business, or religion is a pre-condition as socialisation can not be wished away if we have to live in human society. When attachment crosses the parameters of any contour, it leads to harmful consequences , except attachment towards God. We have to be worldly wise to remain untainted by materialistic desire to elevate self for spiritual grooming. We have to live in this world, socialise ourselves, carve a place of honour, but at the same time detach from falling into its trap. Here we do not mean detachment for spirituality, which is a personal matter, but is concerned with some down to earth realities of human existence. The more we taste the Elixir of life, the more we thirst for it. In the race for materialistic search we get pain. Wisdom lies in regarding the world with an air of detachment. It is not good to go down head long into the morass of worldly temptation or get bogged down by the slough of social relations which are based on more sentiments or motivated by acute self interest.

So, we conclude, we should try to arrest the spread of these two forceful foes and meticulously deal with these forces to subordinate them to our dictations. Once, we fall prey to them, they will turn into bad masters, unbalancing our personalities.



# EGO-individualism and mudslinging – its impact on our community

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Ours is a small microscopic community with track record of savant community, peace loving, docile, meek, tolerant, God fearing, humble, unassuming, soft-spoken, courteous and submissive in deeds and actions.

But the dissemination of knowledge has brought in us certain vices which have debased our community collectively. We excel in surfeit of theories, prepositions, floating imaginary solutions to our real problems. The three evils which need to be rectified ingrained among the community members effecting the community's image, can be categorised under the following three sub heads:

- a. Egoistic Attitude / Crab Mentality / Vulpine Nature
- b. Individualism / Individualistic Tendency
- c. Mudslinging / Back Biting

## (a) EGOISTIC ATTITUDE

All types of miseries enter through the Ego. It can not make us blissful, but make us miserable. Ego is hell.



It is a social phenomenon. The head becomes heavy and suppresses the softness of the heart. The head creates a false centre in us and we lose our softness. It is a false life. With a false life how can we be ecstatic? We can not see it because it is our darkness. The modern world is becoming intellectual and rapidly losing touch with innocence. Everybody knows a lot, but feels a little. Such a leader with an egoistic bent of mind is a liability to the community to feed, as he is mentally sick and needs psychiatric treatment. It is our duty to identify such forces and isolate them, as their presence debases the community collectively.

## **(b) INDIVIDUALISM**

Another unfortunate trait we have inherited, is to be self centered, individualistic in our thinking and action. Individualism is a great curse to the community and a great obstacle to thrive. No community can flourish when its members plough the furrow singly. "United we stand, divided we fall" in an established reality. Kashmiri Pandit is highly individualised person who has sought to seek a place solely on his own efforts. Individualism is a social evil. Socialisation can not be wished away if we have to live in human society. An organization / community in which all members get along with each other will accumulate good fortune for the community. To accumulate good fortune for the community, it is important that the actions we perform are righteous and more importantly free from selfish expectation and ego. We should continue to meet and discuss matters on a one to one basis till all the knots are unraveled. This will necessitate a fair amount of objectivity, clarity, patience and perseverance. Social virtues like courtesy, politeness; decency can come to a human being when he has a fear of social shame.



### (c) MUD SLINGING / BACK BITING

A few among community have mastered the art of criticising others and giving unsolicited suggestion. They sensitise false news floated by them that effect the community's prosperity and encourages evil elements. Such leaders for settling their personal scores continue incessant tirade, raise unsubstantiated allegation charges and counter charges, traded against each other. They have lost the sense of logic and judgment, zeal for action and have become master of mud slinging. They have lost the sense of discretion and have mastered the art of "abuse proliferation". Such leaders are more dangerous to community "a wolf in lamb's clothing".

### *Conclusion*

Today our existence and identity is going through a turmoil. Such leaders who are loaded with the above said three vices are sowing seeds of dissension in the community, launching campaign of vilification only indulge in negative tactics of destruction, without pursuing any positive programme for the welfare of the community. Instead of flinging vitriol over each other let us jointly fight and respond the limitless calumny purveyed in the press and elsewhere against our community and repair the damaged image.

Let us live for the cause of community and seek justice through the apex court. We need unity, rise above petty and narrow outlook and safeguard our identity at all costs, Socially and Politically.

Let good sense prevail upon us all, shun egoistic attitude, individualistic tendency and bad habit of back biting to prove our credential as a "BHATTA" (a wise race).







# Dwindling Social Fabric

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I feel depressed, demoralised, disappointed at the change of events, due to exodus, culminating to the erosion of a well knit culture, rituals and observance of festivals. I feel distressed watching culture diluted, rituals disrespected and festivals losing its sanctity. It hurts my sentiments to observe that our elders, are no more a watchdogs of the community, but helpless spectators to all these eventualities, distancing themselves from well laid down ethos and allow remix to take place. Elders have started believing that money is the be-all and end-all of life. They are in a race to surpass others in accumulating wealth.

Change in cultural factors bears a direct impact on our community. Once, it gets eroded, it is rather difficult to balance it to equilibrium. I still recollect my youngsters have been nurtured in an atmosphere of a well - developed cultural set up, which exhibited all virtues of civility, transmitted to our progeny. Our youth should not be tempted to imitate, for the purpose of adjustment to say wholly or partially "good-bye" to our well laid down culture. To switch over to a new conditionality, will lead us to a detrimental effect to our ethnic identity and culture.

We have our own religious customs, traditions, festivals, each carrying its meaning like Ram Navmi, Janam Ashtami, Maha Shivrati, Navreh, Pann, Yogna-



Paveet, Grah Pravesh, Havan, marriage within the community. We elders have to act as a watch dog to see that such values are neither eroded, replaced nor left-out. The fight on cultural front should be continuous and sustainable.

Mahashivratri is one of our greatest festival. This occasion provided the whole family to sit together and offer prayer which was a force that gave the family a spiritual strength. Collective prayer would invoke, God's bliss and would bring fruitful divine blessings. Holy festival had a common goal to create a feeling of oneness, unity and respect for others. It was supposed to invoke true happiness, solace and tranquility for the whole family.

Rituals were followed to maintain our identity. Thus following rituals, would inspire them to live a righteous life of devotion towards "Param Atma". Rituals are now regarded, a futile exercise, because of foreign incursion which caused political turmoil effecting the social and religious lives of people. We have lost our spiritual direction. Rituals give concrete shape to the abstract spiritual ideals and add colour and zest to life. Shraddah is a ritualistic customs unique to the Hindu religion. Youngsters have turned arrogant, disrespectful, directly effecting moral and social fibre, unity of thought and action. Families are divided, members discommunicating with each other, as each one of us has turned individualistic, self-centered. Each unit of a family celebrates festivals and rituals; by drinking, eating and making merriment, considering it to be the goal of festivity. They have moved away from the divine consciousness. Such sub units may apparently appear to be outwardly, happy, but during distress slide away



morally. Moral descend leads to unhappiness. True happiness springs from heart, but when hearts are broken, true happiness is a dream. It leads to strife, tension and negative mentality. We have turned materialistic in thought and action and consider happiness and spirituality can be bought and sold which is just a misnomer.

As regards culture, it is on the path to extinguish. Mehendi Raat is no, application of Mahandi by Masi's/Booya but assigned to beauty -parlour, who charges, as per the party. There is no "Waanwoon" song as none knows it. We have substituted it, by disco dance on dance floor hired for such occasion. Barat does not reach at the appointed time, keeping hosts's guest in waiting, for hours, disregarding the emotionality and sentiments of others.

Demise, is regarded as a routine phenomena showing lip-talk sympathy and disrespecting the departed soul, by not following rituals, applying shortcuts methods. This is considered, as a futile exercise, resulting in no materialistic gain to self, but only filling up the formality.

Other customs, which are loosing its sanctity, is Yognapaveit, where Guru Ji, expands the rituals to long hours, for his "Abeed". He creates a condition, which forces the host to say please wind up the shop, as there is no other customer and the balance will be rounded. The first task should be to ensure the cultural and social cohesion of the community as religion without rituals becomes insipid. The rituals of a religion is like the husk of a seed which preserve its life and make it to germinate.

Let all of us think, understand and visualise how we



are silent spectators to see our customs, rituals and festivals loosing its santity and commoners have come to the conclusion, that adoptability is the best alternative.

Let us shed egoistic attitude and elders have an legitimate accountability to see that customs, traditions, rituals, festivals are celebrated with gaiety and its santity is maintained, in letter and spirit.



# Feast, festival and rituals-their relevance and impact

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Our intellectual forum, often meets to ponder over the glaring problems confronting our community as a result of en mass exodus. The teams opinion centered round a focal point that three issues have weakened the social fabric of our community. These three are (1) Feasts (2) Festivals (3) Rites, ritual and customs. Our community by nature and by tradition is deeply religious and spirituality is a part of our existence and an indelible aspect of our identity. Our strength is certainly spiritual and our weakness economic. The radiance comes from the spiritual exhaltness , purity of conduct and divinity manifest in thought words and deeds which our religion, culture, tradition has infused in us let us classify these three inroads and visualise its relevance and impact on our community.

a. **FEASTS:** The purpose of feast is to share our happiness with our relations and thank God by offering sumptuous lunch/dinner to community brethren and well wishers to gain their blessings. It is to share happiness. It is a main source of exhibiting wealth and gaining social elevation. lavish expenditure on feast may weaken our economic position in later stage and sets a bad precedence for poor section of the society, which he



indirectly communicates.

**b. FESTIVAL:** Form an integral part of Hindu life, usually to invoke laud and thank the deities. The need is to elaborate the purpose and glory of each festival and - make them to read, understand the appropriate shastras and singing the relevant Bhajan-devotional hymn. In exile much of its original import had either been forgotten or misinterpreted. Sensing the gravity of the situation, some of the festivals need purification. Shatras specify the rites and rituals of these festivals. There are many old religious practices to which we have now given good bye. Think, with a cool mind. There is no need to go off the deep end and act foolishly and hurriedly and jump to the conclusion. Observance of festivals on important occasions depict our distinct features to go a long way to preserve our tradition. A growing feeling has emerged that our young and educated youth are indifferent towards performing our festivals. Youth are evincing no interest in the socio - cultural mooring. Festivals are a necessary part of the culture they represent.

The fact is some thing different. Our youth are passing through the path of total materialism in the present era. They are seen occupied headlong in economic activity from ' , dawn to dusk. They return home to sleep only. Here, too they are seen mentally absorbed in thinking, planning and forecasting. They have a little time out of the busy schedule to care for such-social necessity. Here the elders of the family have to act wisely to balance the gap. Anyhow, festivals have not lost its sanctity, as we see every festival is celebrated with gaiety, pomp and show, but certain odd, ugly additions have damaged the purpose of its celebration. The need is to devise corrective measures, if at all it gets unpurified, such as consumption of Alcohol, meat, exhibiting



hedonistic bent of the people or vulgar tradition of singing ribald songs during marriages. Such events in festivals need to be either mended or ended. While celebrating any festival, community interest should be paramount and it would be in the fitness of things, if all festivals are celebrated as per scriptures to maintain its sanctity with utmost economy and not made a peagent show of riches.

Let us name a few festivals out of the lot, which bears relevance and should be celebrated with gaiety and religious fervor. Mahashivratri is one, such festival called "Heerat". It is celebrated in a unique manner by Pandits with devotion, pomp and show. In good old days an elaborate specialised form of Puja known as "Panch Ratri Puja" used to be performed, which lasted for nearly a week but now it is "Vatuk Puja". It is celebrated as the union of Shiva and Shakti. It represents the symbolic communion of these two aspects of the ultimate truth. Its relevance is to be explained to the youngsters, who unaware of its importance, pass it on as a formality.

Another festival of importance is "Ram Navmi" and "Dusshera". Rama is regarded the symbol of truth, justice and righteousness living. It may be a symbolic but there is a lesson in these celebrations that we should rise from animality, imbibe the quality of divinity and be righteous in thought, words and deeds. Deepawali- the festival of light conveys a clear cut message. It is celebrated with jubilation, lighting and exploding, firework. "Navrah" - a new year day for Kashmiri Pandits has its own significance. Families scattered in various corners across the globe need to observe all festivals with zest and zeal and thinktanks, sanerelements, elder members should see that these festivals should not die by fault, as it determines our ethenic-identity.



c. **rites, rituals and customs** - let us talk about various rites, rituals and customs which make our community distinct from others. During our eighteen years of exile our customs, traditions, languages, faith, rites and rituals have got eroded due to compelling reasons. Present turmoil has created a situation of vacuum and we have fallen victim to physical and psychological ailment. We well understand that observance of various, devised rites, rituals, customs will help us to gain divine bliss, vision of the incarnation, besides spiritual contentment. Along with, it will grant wisdom, sagacity, righteousness to lead a meaningful life. It is spirituality that brings contentment to self and stability to mind. We have to implant the thinking of ethnic culture. When we observe devised rites and rituals like "Yognipaveeti", Shradh, tenth day, birthday, Ekadashi, Zangitraay marriage rituals and others. We are extolling Paramathma's glory, purifying our conscious, attitude and deed, protect ourselves and our members of the family from the influence of negative feelings,. We are carving a tunnel of succour, liberating our community members in general and family in particular from their social incarceration, supersession and exploitation. Our identity as a Kashmiri Pandit has to be safeguarded at all costs socially and politically. Our rich culture should not be allowed to be obliterated or wiped off. We have to ensure the cultural and social cohesion of the community, whose mosaic we had been somehow managed to piece together during these 20 years of exile. If we follow the laid down rites and rituals my community will get in return infinite radiance, God's gracious kindness. Strong family bonds respect for elders, compassion for near and dear ones and filiate gratitude, the hall mark of our culture and tradition. Unabashedly, we seem to have



jettisoned all these qualities inspite of mental delusion, delirium surfacing my community due to exodus. We still see the culture alive. It speaks in volume of our sagacity, doggedness and fortitude of our brethren that in the face of seven mass exodus and dozen of other migrations, forced by unfavourable circumstances over the last many centuries that we have preserved our rich culture and are able to hold their precious tradition. Annual Havan and Yagya is an integral part of our culture and must be performed by every household to invoke blessings. Community Havan is a boon to invoke blessings to the fractured community.

**CONCLUSION:** Our intellectual forum is of the opinion that our community should ponder over a craze for lavish spending on Feast when it can be minimised, as wisdom speaks-to follow an ultimate way of escape for self and community interest. Regarding festivals, it should be solemnised as per Vedic tradition. There should be no deviation or acculturation, whereas we should follow our own rituals and should not add or subtract any rites or rituals which makes our community distinct from others.







# Family – the epic centre of strength

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In today's stressful life, home is the only place of solace, strength, encouragement to combat with all worldly challenges. Home is "Heaven" if its members stand united, forge unity in thought and action. A joint family is a source of inspiration, strength to weaker members and a support to disabled one. The joint family is breaking up, giving rise to a nuclear family.

At present, the system of social order of the Hindu culture is breaking up. A householder has to firmly grapple with, several problems. He is facing odd life situations, full of disappointment, disquietude and tension. Self interest is the root -cause of all quarrels, wrangles and disquietude in the family. Everyone wants his desire to be fulfilled, longs for favourable circumstances, wants to lead a comfortable and luxurious life, besides gaining glory. He, who instead of wrangles wants quietude in the family should think of his duty and the rights of others. Do good to others, honour others, besides providing comfort to him in his family. A family is a joint venture where every member has his contribution to make it a 'Heaven'. Every person should





learn to live with the members of his family who have different nature with affection, renouncing his pride and pleasure, keeping in mind the welfare and convenience of others. When souls loose their purity and power, the home turns from Heaven to Hell. Honour and respectability is the reward in return for virtues. Good action bring the blessings of others which is the most precious reward.

A family is unhappy when the house-holder feels proud, wishes his desire to be fulfilled and has some selfish motive. When he thinks of how to do good to other members, how to lead them to benediction, how to honour and comfort them and translates his thought into practice, all the members of the family becomes happy. If the members of the family live lovingly with one another, the atmosphere will be full of peace, happiness and love evolve by the renunciation of selfishness and pride. When selfishness and pride are renounced, love evolves automatically. The friendlier attitude of the members of the family, sown with love, dedication and selfless service is the Mantra to convert "Home into a Heaven".



# To Be Happy and Good, this is the way

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Once, in the congregation of sages and savants, there was a debate, centered round a focal point "The Mysteries of Almighty". All saluted Almighty with reverence and bowed their heads in sublime devotion to Him for giving us a life, so delicate, substantial, purposeful to explore our-self, excel in other fields to surpass others. Among the lot, a few had a quest to know why the path to divinity is so cumbersome to follow. One of the cerebral polymath among the seers quoted verses from sacred texts, the every word of which was packed with profound wisdom, enshrined in the traditional Indian literature. He clarified the moot point and spoke in volume, with might and main, which convinced all and sundry present in the assembly.

God created us, gifting each entity with an invisible power called mind and a well protected "Brain box" to utilize it. The path to reach divinity has to pass through various gates to reach the Heaven. The distracted forces are constantly at work, to divert him from the main path. These are anger, lust, greed, egoism, jealousy and individualistic mentality. As soon as, he enters into the materialistic race, he is headlong engrossed in its pursuit that he deviates from the path. He develops greed and lust to accumulate wealth. He applies all possible foul or fair ways to move ahead. His greed gives birth to anger, egoism and individualistic mentality. He believes that



money, name and fame is everlasting. His greed, egoistic mentality and individualistic approach is responsible for inviting the wrath of God. An individual forgets God and disbelieves that God has allotted fortune to each of his creation and we can not reverse it, by our malicious policy.

We must repose trust in God, as his ways are mysterious. To some one he elevates in no time, but to others he disappoints. It is "His" will, which rules the roost. We are living in a materialistic competitive world. Every one is after money, name and fame. This mad race to surpass others breeds jealousy which causes stress and strain, restlessness and above all leads him in a state of tension, frustration causing various types of ailments like High Blood Pressure, Heart Attack, damaging of Liver, Kidney Failure, Diabetes, Mental disorder and large number of diseases. He loses his balance of mind. We must know that mind is a good servant but a bad master. A powerful mind rules over weak traits, not letting them to come into action. A pure mind does not let in any negativity to win over unwanted desire. If we develop a polluted mind we are inviting trouble in the form of untimely aging, death and disease. We need a change of our mindset, thinking positively, developing optimistic outlook and trust in the offerings of God.

He advised his fellow sages to follow God's message of leading a contented life and never be frustrated even if we meet failure. Repose trust in his deliverance. Life is like a trade cycle passing through ups and downs. We should remain composed in all situations, either in adversity or prosperity. If we are unsuccessful in our mission, there is some hidden secret in it. We should be unmindful of all eventualities. If we take failure seriously, we will harm ourself and the members of our family.



His parting advice was that God and time are two great healers. Wisdom lies in regarding the world with an air of detachment. It is not wise to go headlog into the morass of worldly temptation and acute self interst. It is "He" who is the giver and it is the "He" who takes away. In all situations, we should be contented , happy and mindless. If we take any failure seriously, we are inviting trouble for self and wrath of God, for disbelieving him.

So to be happy and Good, remain composed mentally, morally as well as socially, reposing trust in Him, who is the mighty protector, creator of universe.







# Our community in catastrophe

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I head an intellectual forum, operating in Rohini, often meeting to think of certain undeserving customs effecting my community, which needs a thorough probe for either mending or ending in its early stage of incubation. Ours is a displaced community living in Diaspora. Wisdom lies in understanding, our political, social, economic scenario, through which we are passing. The saner souls have realised that we have to reconstruct our lives in a new environment and in a new milieu. There is disillusionment and distrust. There is a psychological acculturation at individual level, where-as, the community is collectively experiencing acculturation, too. No community can flourish when its members plough the furrow singly. Collective effort under one leadership is the need of the day. Social virtues like courtesey, politeness, reticence, decency can come to a human being when he has a fear of social shame. Socialisation can not be wished away, if we have to live in a human society. Enough is propagated against our community to bury our heads in shame, if any shame is still left in the slew of human emotion. The major challenge to our community is safeguarding its identity and proper rehabilitation. Media which is called the fourth pillar of our democracy has not been able to magnify the magnitude of our exile. Words and images are twisted to present ambiguous meaning. We are living in the world of make believe.



We should understand the state of helplessness that even Prime Minister, though in a position to undo the past have chartered a new course. His choice falls on choosing an easy path of no confrontation, but agreement. Indian agencies have number of times substantiated chapter and verse, all documentary evidences to prove Pakistans involvement. We should throw people together with might and main. Indian Govt. should put into its strength, power and wisdom to finish disputation and Pakistani fee-faw-fum and should realise that they have poor understanding of the perverted separatist intention, which is full of Goody-goody behaviour, faining ignorance, when they are behind the scene to dismental Indian sovereignty. The centre has been exhibiting imbecility, lackadaisical policy of issuing naïve statements to inveigle the separatists. Centre is showing pusillanimous stand on Kashmir. Every attempt is being made to cajole and coax the hardliners who wear the semblance of loyalty to the constitution of India are merely Moron, with dented and wilted image.

So there is no delusion, as the picture emerged is crystal clear. Still if we yet expect any cadging favour, then we are living in a fool's paradise. Let all my community brethren realise the stark reality and trust none but self, for economic elevation and rehabilitation (social and political) but continue struggling till the goal is accomplished.



# My Community in Danger Zone

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Happiness springs from heart but when hearts are broken, there can be no peace. We are endangered species, resting over a lump of volcano likely to erupt, if ignited when all nations, are divided in nationality and lust for power. Our current crisis is a mirror reflection of our crisis in ethical and spiritual values. Insecurity, greed and the lust for power has inspired economic policy which have depleted the land and water resources. Human beings do not merely want to progress materialistically; they also want to grow mentally and spiritually. In the land of individuals under the sway of negativity, insecurity greed and lust for power, it has been a tool of destruction. Goodwill arises when each individual cultivates and sustains the inner strength to resist negativity within such jealousy, fear, suspicion, selfishness, greed and arrogance. Goodwill stems from inculcating values such as peace, love, honesty, generosity, cooperation, justice, non-violence and tolerance.

To my inquisitive mind, the major issues facing my community which needs thorough understanding are:-

1. Mindless Violence
2. Religious intolerance
3. Raceism and castism
4. Crimes and corruption
5. Breaking down of our social harmony



6. Dyfunctional family relationship
7. Crisis of values in the community
8. Growing population and poverty
9. The environmental pollution and living in unsalubrious climate
10. Publicity blitzkrieg in the media against my community.

Kashmir has been a bone of contention between India and Pakistan ever since 1947. Both claimed Kashmir as a Jugular vein. One claiming on the basis of accession to Indian Union while other claiming being Muslim majority, population and principal of contiguity. Pakistan wanted to gobble up the state, but failed till 1985 as it was administered by a responsible popular Govt. soon the administration passed on in weak, incompetent hands and separatists were in search of an opportunity to rise in revolt. Foreign incursion, caused political strife which disturbed the social and religious lives of the people. Pakistani adventurism and the development of Islamic extremism elsewhere helped in generating an armed Muslim separatist movement that took toll of minority populace in the valley, as they were dubbed as Indian agents. There was a total collapse of the structure of governance and anarchy in the face of Pro-Pakistani movement. Vacillating policy of the Central Govt., issue of naïve statements, taking pusillanimous stand on Kashmir, studiously avoiding formation of a policy on the Muslim question were the chief factors, encouraging anti-national forces to surge and exploit innocent Muslim youth. Every attempt was made by central govt. to cajole and coax, the separatist. Through the prism of communalism, they had been hatching a grandiose plan to vivisect India further.



Our community had been the direct victim of the lackadaisical, pusillanimous policy on Kashmir. We were turned refugees, within our own country and were penalised for being patriotic Indian to the core. It was the unparalleled resilience of Kashmiri Pandits that they withstood the periodical onslaught with a sterling courage but had also with his wit, wisdom and diligence reached the pinnacle of his professional success. My community had ready wit, sharp intellect from its formative years. Pandits in particular for no fault of theirs, bore all atrocities, humiliation, exodus, looting, brutalized killing with all other vices spread over the whole country by these Islamic fundamentalist. One thing that is gnawing my community is the continuing indifference of the Indian political masters towards our identity, problem of honourable rehabilitation as an ethnic group. They would see, feel, understand yet the central government felt helpless and has drawn my community in danger zone. We hapless Kashmiri Pandit are looking askance at the bleak scenario that is enfolding before us and we are dismissed as people of no consequence as we are no vote bank to them.

Let us think seriously, applying cool mind what should we do to make them realising the "Himalayan Blunder" which they have committed, which turned instrumental in not only destabilising Kashmir but spread its tentacles throughout the whole country.

Now to rectify this Blunder Indian politicians need courage, dogged determination, will power, to undo the wrong done so far. We have to wait and watch till good sense prevail upon the Indian policy makers to rise above vote bank politics and appeasing policy to cajole and coax the separatist who are indoctrinated, otherwise.







# God's messengers - in activity

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In bygone years, in a religious sermon, a message had been lurking my mind that God who is formless, creator of universe, omnipresent, makes his presence realise sooner or later in everybody's life. He tests and has his own measuring rod to bestow his blessings. His ways are mysterious, well articulated, projected through some medium. These words of sanity had left an indelible impression in my mind and after a long wait, the words came true via a medium of Dr. Madhuri Bihari, Dr. Usha Kiran, Dr. Sumit Singh - three stalwarts enlightened souls. These sponsors had been assigned the task of carrying us, to a place, for which we had been craving, as it was an integral part of our treatment.

By Gods will, doctors gesture, we the patients of Parkinson disease were taken to a place which I believe was no less than an abode of peace, solace, tranquility. Gods created elevated soul coming in open, revealing the message of realism, to we misguided soul who are lost in the glamour of the materialistic worldly activities. I recollected the words of sanity sermon, that God makes his presence visible in the shape of such elevated souls, who are sent to guide us, to follow the right path, as we were lost in worldly pleasure. I was fully convinced that such a visit was a cure for our starving mind, which needed spirituality to realise the basic facts.



All the patients felt rejoiced, mentally and spiritually elevated that we have reached the right place, at right time, to hear the sermon of elevated soul which acted as a booster dose to our ailment. Our revered sisters and brethren, who had dedicated their self to spread message of realism, development of mind, empowering mind to connect it with the wireless lines of God and communicate, as and when we feel talking.

We learnt many lessons and cleared certain doubts. We were convinced that we have a soul, a mind, which is the most powerful instrument installed in our body to communicate with Almighty. The need is to elevate soul, load it with power to lead us towards the path of eternity, which can be conquered through devotion, submission and meditation. The need is to develop trust in self and follow the path laid down by sages and saints, to face the pains of disease with a smiling face. The parting message was the pain of the disease can be minimised by positive thinking, developing a peaceful mind getting solace, fighting the five invisible enemies, which have overpowered our mind and made us restless. They advised the patients to devote atleast one hour in mornings and evenings, to remember Him, and live among elevated souls, realize self, find the truth of life, concluding their sermon, they advised patients to be worldly-wise to physically present in discharging domestic compulsions with less attachment, but attach the mind to soul, to mix it up with Paramatma.

All the patients felt highly obliged towards the management committee of Brahm Kumari's Ashram. They entertained us with good and simple food (lunch, breakfast, dinner) and provided best possible arrangement of boarding and lodging which impressed all the participants. The patients made a determination



to follow the path shown by them and change their life style and thinking.

Such a visit as in reality an encounter with truth communicated through visionary soul and the words of bygone days saint came practical, which strengthened my belief in God and his mysterious way to educate us.

Thanks to Dr. Madhuri Bihari- our revered leader and her devoted team of doctors working in neurological department of All India Institute of Medical Science (AIIMS), specially Dr. Sumit Singh a beacon light for the patients.

As a representative of patients, I expressed thanks to the team and the management of Prajapita Brahma Kumari Om Shanti Retreat Centre, Manesar whose message of knowing our true identity, journey to the supreme, spiritual empowerment, benefits of Rajyoga Meditation, where God given message to patients which would bring radical change in their lives.







**RELIGIOUS  
MORAL  
SPIRITUAL  
ESSAYS**



RELIGIOUS  
MORAL  
SPIRITUAL  
ESSAYS



# Quest for knowing realism

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Ever since, my indepth study of scriptures, certain questions lurked my inquisitive mind, for which I had been searching the answers. How far, my search for knowing is relevant, depends upon my readers, to whom I value as par-excellence elevated soul, to boost my morale.

## **Q.1 What is Divine Love?**

Divine love is so unfathomable and unimaginable that even sages and saints would fail to define it. Then how could my fragile pen describe it. For any deficiency in explaining, I beg pardon of the loving devotees. To me, divine love means submerging self in entirety in the selfless service towards Him and His creation. The truth of love is a great secret one. Who, once recognises this, himself becomes an embodiment of love. Love is God Himself. He who has got true and unalloyed love has attained God Himself. God is full of love and only He is worth loving. Therefore, we should try our best to inculcate pure and single minded love in God. Loving the universe is loving God. One should love God, the embodiment of love, only for the sake of loving Him. Love is such a wonderful magnet which has the potency of attracting even God- the consciousness in person. When a man loves Lord more than his own self - when he gets ready to sacrifice even his life, his individuality, this world



and the other world also, then the Lord can not remain without meeting him. But the love must be sincere. No one can please Him with a false love. The more this divine love increases, the nearer to God the devotee reaches. Such an exalted soul is very rare. This is true form of divine love.

## Q2. What are the means to eradicate sorrow?

There are only two causes of sorrows - separation from dear one and meeting with unpleasant happenings. Some persons get so dejected that the world appears dark to them, disappointment clouds them, heart always burns on account of grief. There is no peace of mind, restlessness, sleeplessness night relish in eating or drinking. Life seems to be a burden. They die by inches. Some even hang themselves, take poison. Grieving is nothing but foolishness. Wisdom lies in rational thinking that we should not grieve for either inert things like wealth, house, landed property or living beings like wife, father, son. There is no sense in bemoaning for objects which have perished or know that it is perishable. Our body is made of earth, water, fire, ether and air called Jiva which is eternal and imperishable. If something unwelcoming happens, there is no occasion for sorrow, as it is the will of God which is destined. When everything belongs to God and He is the sole Lord of all - sentient and insentient. Then if he transfers some of his belongings, then why should we feel grieved.

One should always be happy with whatever happens thinking that every divine act is undoubtedly benevolent and happens at the divine bid. Every unpleasant thing happens only under the divine dispensations. We should feel that Lord never errs. He does everything considering all pros and cons. It can not be undone by our lamenting.



It is nothing but harming one's own self.

### **Q3. Whom we should consider our faithful saviour in all times?**

There is none as friendly, kind and loving selflessly as Almighty. If we forget Him and indulge in transitory sense-objects and spoil our precious life, it is because of ignorance. It is very difficult to get benediction without complete surrender before Almighty - King of Kings. The surrender to God means unbroken meditation. Dispassion and tranquility are the only important means of meditation. The river of bliss flows and we have to distance away Maya, bracket within ourselves love of God if one has to cut relations with the entire world only God's our faithful saviour in all times.

### **Q.4 Suggest ways and means to train children in order to make them noble?**

In this present day materialistic world, where we have developed individualistic mentality, selfish attitude filiate ingratitude is on the rise, meaning thereby that parents lack in giving them proper training. Children generally learn by imitating others. Parents should lead a controlled and holy life and put examples of their good conduct so that children may learn the lesson of good conduct from them and may become noble. They should impart good training to them through preaching noble ideas, teaching spirituality to children through their mundane dealings.

### **Q.5 What is the root cause of quarrels, wrangles and disquietude in the family?**

Self interest is the root cause of quarrels, wrangles and disquietude in the family. Everyone wants his desire



to be fulfilled, longs for favourable circumstances, wants to lead a comfortable and luxurious life, longs for his glory and has an 'axe to grind. He who instead of wrangles wants quietude in the family should think of the duty of his own and the rights of others. He should perform his duty and do good to others, honour others and provide comforts to others.



# God in the Service of humanity

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It is the faith that moves the mountain. Those who show firm determination reap the rich harvest. Almighty - the creator, to whom, we call by different names is the Supreme king of kings, saviour of the universe, maker or destroyer yielding all powers. The need is to bow our heads in reverence and repose full trust and confidence in his decisions which are binding and irrevocable. God possesses endless virtues, out of infinite virtues; there are three main virtues of God; Omniscience, omnipotence and compassionateness. It means that none else other than God possesses so much knowledge, strength and grace. The virtues that we see in Guru and saints are not their own but they have been derived by them from God e.g. sweetness found in any sweet dish is basically due to sugar in it, similarly any virtue that we see anywhere in this world springs-out from God only. All the grand, delightful and powerful beings and objects that exist are the outcome of its excellence. Even the evil being like demons who oppose God, originally derive their strength from God alone. The Almighty bestows strength on everybody whether he is His enemy, beloved or indifferent. God's creation - the earth, accommodates all alike whether noble or evil, believer or non-believer, sinner or pious. God's grace is available in advance for all being, even if some of them are most wicked and the vilest of sinners. God has provided sun, moon, rivers, air,



mountains, rain, water, just free of any charges. When his creations are so kind to human being. We can imagine the infinite dimensions of his generosity for mankind.

God is very compassionate. When he provides living to all of us, will He not help us to come out of this turmoil? God always responds to truthful prayer. One, who takes refuge only in God, commits no violence. He is freed from all sins.

Let us show exemplary courage and pure intention to exhibit sublime devotion and profit by His divine effulgence. Truth must have no compromise.

*"Let us be in the world, but not of it like a lotus"*. To make life peaceful, begin to live with nature. God's messengers always sermonise that the purpose of life is to be happy and share happiness. Yet most people yearn for peace, which is illusive. Happiness is the best diet. Just as good diet keeps body healthy, happiness keeps the mind healthy. We are in a desperate search for joy but we get pain in return. No solace or true happiness for which we clamour, is possible without contentment. Absolute satisfaction is elusive for it is as deceptive as a mirage in a desert. Happiness is an inside job. It is self created. Money can not buy happiness. Craze for money is growing, so is unhappiness. Saints and sages distance us from, mundane materialistic pursuit but lead us towards experiencing spiritual contentment, saying we need spiritual grooming to elevate self as contentment comes from a true heart and by imbibing spiritual treasure like wisdom, virtues and power. A contented heart is also a large heart that is filled with Goodwill and compassion.



# Looking for Peace in a World of Pieces Part -1

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We are living in a state of conditionality, where we find strife, restlessness, confusion prevailing all over the globe, yet we claim and look for peace in a world of pieces. Either we are deceiving ourselves or befooling the others. Every nation has its own egoistic approach towards its safety. In reality the urge for oneness does not exist because we have created so many distinctions- a man made barriers.

How can we claim peace when we are divided in the name of nationality, religion, gender, class, colour, language and other long list of reasons, varying from country to country. We are looking for a reason to separate. Human beings - the most intellectually developed to all species on planet earth is never free. The Irony of the fate is that he himself weaves round the chains that cage him. Only he is born free but is bound in chains every where.

Even moving within the boundaries of his own country, he is looked upon with suspicion. He is asked to keep his identity open for check may he be a tenant or a domestic help. A new neighbour is kept on surveillance. So there is everywhere a doubt, suspicion, which I feel is due to ours feeling of separateness, which reminds us that we belong to different nations, religions, race or so



on. This attitude of separatist mentality is responsible, for a feeling of hatred and consequently insecurity from one another. When we move outside the boundaries of own country or visit foreign country for purposes of business, tour or any other reason, we need a visa or a passport. In the name of security, he is frisked away and his luggage is properly scanned. A man is looked at, with suspicion till he is proven harmful. This, no doubt is a necessity for the safety of others but surely offends a person's dignity, integrity and respect. We have to bear it, in the name of security. It is only the migratory birds which are not subject to check and have no boundaries or barriers. It is the feelings of "I" and "Me", "My Egoism ingrained" - in human being, who is unsafe from his own species.

Different agencies claim for unifying this fragmented world but all this is a moonshine, a mirage, but a new game of exploitation. The powerful rich nations declare unity in the name of Globalization. They say that Globalization has struck the world and it has become global village, made accessible to world's technology and product. Globalization has come up largely in the leisure sector such as food products, drinks, travel and entertainment which are its main channels. Globalization is another form of exploitation which developed nation have chosen-a new way of colonising the economies and culture of the developing countries. So to me, global market is dictated by the rich and powerful nations.

As long as there is quest for power and dominance there can be no unity but only illusion and the world will continue to exist in fragments and split further. However, peace is only possible when the quest for power is to be replaced by quest for human greatness, which remains a figment of imagination. The yard stick of progress must



shift from material gain to compassion of hearts, humility of mind and nobility of action. Peace or happiness is an inside job. It is self-centered. The answer lies in eliminating the feelings of hatred, suspicion and fear for these are the true manufacturers of exporting terrorism.







# Looking for peace in the World Pieces Part - II

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I see politicians are cunning enough in befooling the simple masses by claiming that they are making every possible effort to re-establish peace in the world of pieces. They project themselves to be the Messiah of the helpless, downtrodden population. The wiser well understand their crooked intention but helplessly pocket it, believing it to be a bundle of lies. Here I remember a wise sermon of Leo Tolstoy who said: - "Every one thinks of changing the world but no one thinks of changing himself". In reality the urge for oneness does not exist because we have created so many distinctions. As long as there is a quest for power and dominance there can be no unity and the world will continue to exist in fragments and split further. The quest for power is to be replaced by quest for human greatness. We are divided in the name of Nationality, Religion, Gender, Class, Language and large number of factors. We are looking for a reason to separate. Human-being the most intellectually developed to all species on planet "Earth" is never free. The Irony of the fact is that he himself weaves the chain that cage him. Truth must have no compromise. The yard stick of progress must shift from national gain to compassion of heart, humility of mind and nobility of action.

Let us count some of the major issues of our time and try to find out its impact if it can bring peace in the Globe. Every country has invented nuclear weapons, not



for useful purposes but with an evil intention to surpass others and establish their superiority over others. There is an old saying "If we want peace, be prepared for war". We do not lag behind in the depletion of our natural resources for our personal use least caring or thinking to preserve it for our progeny such as water, forests, land and minerals. There is a mad race among countries to deflect land & water resources. Thirdly we are mindless to think of environmental pollution affecting the health of its population. Environmental degradation is a silent killer. We are being sentenced to death as pesticides of all types will finish coming generation. Fourthly there is uncontrolled rise of population which eats up our available resources, at an alarming rate. Excess of population is the instrumental cause of our poverty and a potent cause of bad feelings results in the birth of Naxalite tendency like "To rob Paul, to pay John" our leaders exploit us by dividing on the basis of Racism and Casteism. They create bad blood between the various races as we see in UP, Bihar Sri Lanka, and other parts of world.

There is a growing religious intolerance as we see in Kashmir, Sri Lanka, Iran, Iraq and other parts of the World. This results in propagating violence crime and competition. There is a break down visibly seen in social harmony. We fight on petty consideration as we see in Maharashtra versus Bihar. There is apparent crisis of value as we see youth have been ignoring, disrespecting elders and prefer to break down joint family system, turning individualistic, showing tendencies for nuclear family. The media should have projected the reality, but it has failed in its function, due to many considerations.

The answer lies in eliminating the feeling of hatred, suspicions and fear, which are the true manufacturer of



violence. This narration is a tip of an Iceberg. Every Country has its own problem which varies from country to country.

**Result:** Keeping all these factors into consideration, I am of the firm opinion that there shall be no peace until all these issues are addressed. The issues are not simple but complicated such as terrorism, dispute on boundary between one country with other country, regionalism casteism, exploitation of the poor nation by developed Nation. It is the God only which has the mighty power to re-establish peace and punish the wrong doers.







# Searching Happiness in Turbulent Times

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I salute our elders for giving guidelines - Think with a cool mind, how we were able to carry virtues with us develop the various traits like brotherhood, creating friendlier atmosphere, art to live in peace. It was only the vision of our ancestors who taught us to live in perfect peace and tranquility. They had a broader vision which came true, that the only test of our survival is giving them Education, making them Economically sound and developing in them social values like obedience, compromising nature, helping attitude. We need to salute our ancestors who were wise enough to lay down a sound policy to be followed if they want to enjoy life in peace and tranquility.

**How we faced Exodus** - Unexpected en mass migration was a challenge for my community to rebuilt the shattered community who had to move in different pockets of India and even abroad. We inherited a rich ethnic culture, nurtured it with a well knit social fabric to conserve it, for the progeny to follow.

**Role of men folk** - Our community comprise of different segments who have to work in perfect co-ordination to keep the for-lorn microscopic community tied together disallowing further fragmentation. Each component was assigned its duty to perform, nurtured it to grow in line with the required direction to reap the



rich harvest. All in the community young and old, women or girl are supposed to work in co-ordination, subjecting their activity to the aim and objective of the community. If all the units of our community work in perfect harmony, we can emerge stronger, mightier and better placed. These were the words of wisdom passed on to us, by our forefathers. Elders in the Community had gained experiences which they pass on to the progeny to emulate it. Our elders, though not well educated had enough of wisdom to lead the community in the right direction.

**Role of Womenfolk** - The other component is our womenfolk, who were loyal, dedicated and pathfinders. They were the source of inspiration for their husbands and children. They managed the household affairs and shared the joint responsibility to rear children, lead them towards the path of attaining spiritualism, inculcate in them moral trait of honesty, discipline, sociability and character building.

**Role of young Turks** - The third Component of our community comprise of our youth who are the future hope of our community. We have to wake up the youth, so that they are awakened to solve social problems. Deeper understanding of social problems can help to restructure the society and improve the way they function leading to a much greater state of well being for us as individuals and the Global community collectively. They are assigned the responsibility to make real sustainable change in our community. We must tackle the source of change and deal with our intention. It is the brilliance and hardworking nature of our youth that has been their undoing. Youth did not wait, wailing and whining beseeching the authorities to count them. They struggled on their own made good even after being hounded out of their hearth and home.



**Guiding Principle of our honourable survival** - We are living in a competitive age, where there is competition at every stage to prove our mettle. We were able to survive from the wrath of fundamentalist, when think tanks, Icons and men who matter in the community advised the commoners to shift temporarily to other part of the country to escape brutalized killing, without confrontation proving their rich heritage and wisdom. The major challenge for the community are safe – guarding its identity and proper rehabilitation. Our identity as a Kashmiri Pandit has to be safeguarded at all cost, socially and politically, our rich culture should not be allowed to be obliterated or wiped off.

We should have a broader vision of leading a value based life and creating a world of purity, peace and happiness. We must remember that we are a displaced community living in "Diaspora" yet our community is endowed with a resilience that enables them never to give up the goal of returning to their home in Kashmir. They know that they are not defeated. No defeat is complete untill one stops trying. We have not to fall prey to the mechanisation of some vested interest and deceive ourselves and our community for the sake of a few loaves and fish. The guiding principle should be to ensure the cultural and social cohesion of the community.

The guiding principle of survival must be to strive struggle for our homeland, wait not till the goal is achieved. This needs a determination, will power, logic, reason to convince the political masters who make every attempt to cajole and coax the various fractions of the Hurriyat leader to come to the round table conference. They, inveigle the separatist and extremist into talking. Centre taking a pusillanimous stand on Kashmir, which



is lackadaisical in nature, exhibiting despondency and helplessness.

So to conclude, writing for the community problems and highlighting them to arrest attention is a labour of love and a great service towards the community. Let us fight politically, talk politically, empower the community politically as the centre does not know other than violence and is for-off to recognize Non-Violence method of protest. Let us try to live and let live others, in a hassle free atmosphere.



# Experiencing God's Power

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We live in an age when power and pelf play an important role and an influencing factor in causing moral degradation, violence, crime and suffering. A fraction of the total population would think of a benign or positive power that was manifested by saints, prophets and social reformers who used truth, peace and love to rule the hearts of million of people. No matter how powerful person is in his sphere of influence, he seeks power from the omnipotent God. God's power is incomparable. Its is unconditional and unlimited. There are no strings attached to it. It does not cost any material, wealth or resources.

Gods power liberates a soul from the bondages of vices and sufferings. It removes burden, relieves tension and cleans the impurities from within the soul. God's power purifies and purges the soul of all waste. It uplifts, elevates and empowers the soul with peace, joy, bliss and blessings. God's power enables a soul to be good and do good under all circumstances. It gives divine insight, foresight and clarity to protect oneself from evil and spread the fragrance of virtues. Gods power is such that it not only purifies human beings but also the entire nature and elements. God is rightly called as Pati-ta-pavan (the purifier). God's power free's us from struggling with evil and defeating them. Gods power cancels all Karmic debts of human soul and completely eliminates negatively from the world. It brings an end to all human



problems and sufferings and re-establishes purity, peace and happiness on earth for a longer period. The more we remember God, the more we are able to remove bondages.

Human power which is transitory can give us limited wisdom, success, wealth or support of some kind at the most for one's life time. But God's power enables a soul to create the highest fortune for many lifetime. The universe is believed to be governed by the vagaries of an invisible force which defies all human endeavors to predict with precision, cosmic events.

If we wish to be a contented peaceful soul we should follow God's injunction of leading a virtuous life, attain a level of purity that is akin to divinity.

God is surely more loyal and mighty protector than a human being. Purity of the soul, purity of the heart is the greatest shield of protection because a pure heart is the key to God's blessings and his blessings is the greatest protection. Those who believe in God, see him in truth and feel him in Ahimsa. The divine wisdom of the God is ineffable, unfathomable and inexpressible. The human intellect is just not capable of comprehending the deep imports of God's words and action. In bondage and suffering, human soul, turn to God and seek liberation from this world of sorrows. So with authority we say that God is decidedly more powerful, benevolent and trust worthy than any king or ruler. Even powerful rulers bow before, almighty for their mundane desire or to ward off evils.

God's power is in estimateable. He can do or undo within seconds think of earthquake, or any catastrophe. He can make or mar any eventuality. So it is a message for all of us to remember God, in all circumstances, repose trust in him, as his ways are mysterious.



# For all our miseries - God is the ultimate saviour

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Today's modern life is full of stress and strain. Happiness which is an inside job, is a - distant dream. Every human soul, right from childhood is engrossed in different mundane compulsion of a varied nature in a race of supremacy and for getting social accountability. We see none is inwardly happy. Everyone rich or poor, men or women is in a race to surfeit others. There are self made compulsion proving an instrumental factor in creating a conditionality of stress, strain and tension. To combat with all such external forces, we need creating conditions of emotional stability, understanding of actuality, which can be realised only, if we remember God in its entirety while doing all our actions. We have lost faith in God and- want to surpass God's authority, which smacks of turning disbelievers. The shaking faith of God's existence is the root cause of our miseries, conflicts, restlessness and negative thinking. God is a purifier as he changes impure human beings into pure human beings. It is only sublime devotion towards him, which inculcates pure thought and bestows in divine effulgence. We have to be a trustee and leave everything to the supreme power, a final authority.



Through good deeds and pure feelings, we create a good fortune. We have to plant the seeds of peace. The more we remember God, the more we are able to remove our bondages. It is only spirituality that brings contentment to mind and stability to life. Let us experience profound spiritual contentment. It comes from a pure heart and by imbibing spiritual treasure like wisdom, virtues and power. A discontented soul is prone to be selfish, spiteful and ungrateful. Strong character is the bedrock of true & lasting progress. Those who believe in God, see him in truth and feel him in Ahimsa. Those who take refuge in God, commit no violence. He is freed from all sins. Remembering God in times of prosperity and adversity is the old Mantra to feel happy and contented. Happiness is the best diet. Just as good diet keeps the body healthy, happiness keeps the mind active and positive in thoughts and actions. He, who is really wise can never be confused.



The easiest path to approach God is to serve his suffering masses. We should spread vibration of having merciful attitude & humility in service towards all needy. We have to dispense with equal justice, respectability, observing dignified simplicity, having unshaking faith towards Almighty. We have to keep self - ready to help needy with sympathy. We have to make humble supplication as we are peaceful souls. We have to spread vibration of peace and not of anger. We have to make it a point never to give sorrow to others. Whatever task we perform, let us do it with love. We should have a vision of leading a value-based life of purity, peace and



happiness. Our attitude should be more friendly, welcoming and cooperative, conversation, soft and sweet. We should be practical, broad-minded and believing in the service towards mankind. We should distance ourselves away from fractional squabble, myopic opportunistic politics, come forward to succour the deserving. Shattering silence tantamount to siding the evil spirit. We need to rise above petty and narrow-outlook. We have to make a change of approach which is not a matter of chance but a deliberate, vibrant and self dependent approach. People flock to saints and temples to seek the fulfillment of their mundane desire or to ward off calamities. So to gain entry to "the corridor for peace, happiness and solace, we need to be submissive, modest, God-fearing, soft-spoken, humble and unassuming. When souls loose their purity and power, the world turns from heaven to hell.

Egoism, individualism, mudslinging distances us away from the gateway and leads us to such vices which are of unpardonable nature. When, we cannot tolerate, it is ego. One who has ego will argue and quarrel. All miseries enter through the ego. It cannot make us blissful. It can only make us miserable. The head becomes heavy and suppresses the softness of the heart. The head creates a false centre in us and we loose our individuality. The modern world is becoming intellectual and rapidly knowing a lot but feels a little.

So the concluding opinion is to repose fullest trust in him as his ways are mysterious and remember him every time as he is the ultimate healer and saviour.







# God in Motion

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Almighty-creator of universe had been favouring enough to bestow his benevolence towards the sub continent of Asia in sending Avtars and saints from time intervals, as and when populace needed for spiritual elevation. India, the home of sages and savants for centuries past has its history in producing realised souls, men of compassion, temple of inspiration for the seekers of the truth. Kashmir - Abode of Heaven called "Reshwar" gave birth to a galaxy of saints who preached and practised basic tenets of our scripture in their own style of deliverance, eliminating ritualism to a great extent. Saint hood was a regular institution and both Hindus and Muslims had a firm faith and were seen circumbuted him, prostrated at their feet, saluting their divinity to seek spiritual solace, but majority expecting in return fulfillment of their mundane desire or to ward off calamities. That Heaven created on earth is now, a witness to calamitous changes within itself due to religious fundamentalism. Saints too have migrated and gone into seclusion, as this institution is almost disappearing.

I recall those early years of sixty's, when I often used to see worldly wise old young queing in line, to profit by his Darshan and blessings. Mere his look and smile was enough to bestow his bliss. He was a saint-par excellence. Almost on all occasions, I would see him sitting on his Aasan, Dhooni kept burning on a rectangular slab of stone, puffing at his chillum, eyes turned towards the sky mummmuring in deep trans meditation always remained



absorbed in the supreme emitting vibration and receiving them through telepathy seemingly speaking to Almighty, as and when he wished. He sparely spoke, looked introvert, but his look, a smile was a blessing in disguise to devout followers, who waited patiently, for the occasion.

He was a differential saint, philanthropic in nature, unmindful of his personal hygiene and had performed miracle healing and curing deadliest of disease by offering ashes of his Dhooni to be applied as a soothing balm. His sadana was unparallel in the sainthood to attain highest spiritual state.

Since long, I had been hearing a call from my inner mind, to pay obesiance to the departed soul, but owing to my decaying health, I could not venture to go out of my own, unknowingly that he has assigned this job to an elevated soul, a Samaritan, Mr. P.K. Kaul who would carry me comfortably with another body guard Mr. C.N. Malla to the spot. This occasion threw open, once again, a chance to seek solace to my restless mind and meditate and in return, I was gifted with an intuition to convey a message to all devotees, which I, pen down as under:-

*"Visualising all activities showering all blessings,  
The need is to understand him with sublime devotion  
sacrificing self and the action is to penetrate deep in the  
mystery and reveal in its manifestation and bestowing his bliss  
to all who have inspite of their compulsions left homes to his  
auspicious occasion - a path to elevation. A wim- A vision-  
which I conceive"*

I feel spiritually and morally elevated to those two men of compassion. God bless them, and accomplish their incomplete mission, which I can only pray for them.



# Quest for eternity

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After attaining maturity, worldly wisdom had to be applied because of domestic Compulsions and circumstantial conditions to move ahead in the materialistic pursuit of life. I had an urge to know self and an earnest desire to find a path which could lead me to a righteous life and to escape enslaving to the cult of materialism. In its pursuit, I kept on making strike, seeking spiritual solace turning down to earth a practical man broadminded and believing in the service to mankind, I had to go in for a self imposed discipline which needed dogged determination and sublime devotion to search out answers to the various questions lurking my mind haunting my starving soul for a decade. How for they bear relevance, depends upon my readers to assess. The question, which penetrates my mind often are pen down as under:-

## Question :-

### 1. Why should we remember God ?

We are the creation of God that gave us a meaningful life, well ornamented, fitted with all necessary equipments to make it operational. He bestowed each entity with a "Brain Box" will protected to be utilised for empowerment of mind body and soul. He gifted eyes to visualise adorn and appreciate the gifts of nature. He



has thrown open all a venues but left to us its proper utilisation. For all he gave us, we should always remember him. He is super architect, maker of universe, an organiser par-excellent. God is surely more loyal and mightiest protector than a human being. Those who believe in God, see him in truth and feel him in Ahimsa. The more we remember God, the more we are able to remove our bondges. So, for all such inestimatable offerings, we should always remember him in times of prosperity and adversity to invoke his bliss.

## 2. Why do we need Guru ?

We need Guru to provide us safe harbour. Rich or poor, king or commoner every individual who wishes to get empowered and enlightened, benefits greatly from the guidance of an able Guru. it is the ladder to reach the supreme power. Even the God's sought out Guru for themselves e.g. Lord Krishna had a Guru called Sandipaniri Rishi, Lord Ram and Laxman learnt all skill from their spiritual master Guru Vashishtha. Similarly Vivekanand had adopted his Guru Ram Krishna Parahansa Gu-means darkness RU - means that removes darkness so it literally refers to one, who removes darkness a torch bearer. Every where we need a Guru. A man is incomplete without a Guru, a guide, a path-finder. Guru and God are not different entities. They look different as long as ego prevails. Once the ego vanishes, the two appear to be two sides of the same coin.

## 3. Why should we have a stable mind?

Stable mind is one of the pre-condition to overcome all hardships, hurdles and lack of determination. We should make sure that our mind is filled with nothing but pure thoughts and good wishes. Wicked ideas surface



in the minds of a human being. It is in the mind of human being that we must plant the seeds of peace. It is possible only when we have a stable mind. Mind is a natural adviser to lead us to a righteous path, but if it gets corrupted or polluted, it become a traitor and worst foe. In the present world, our mind usually indulges in weak traits such as selfishness, greed, anger, Jealousy, ego. A powerful mind rules over weak traits, not letting them to come into action. When a minds is pure, it attracts only what is good and healthy. So a stable mind can only lead us to righteous path.

#### **4. How can we make self pure and protect it from evils?**

As already said when the mind is pure it attracts only what is good and healthy. So first attention should be on purity. We should not pin point the defects of others and should treat every body with love and respect. We have to conquers all sins within us. Vice comes from body consciousness. To finish body consciousness, we have to remember God all the time. Purity of Soul, Purity of heart are the two greatest shield of protection because a pure heart is the key to Gods blessing and his blessings is the greatest protection. Watch everything in life as a detached observer. I do not means detachment for spirituality, but is concerned with some down-to-earth realities of human existence. Life is like a game. Watch it happily.

#### **5. How shall we gain access to God ?**

There are two viable approach to meet God, Guru which draws us out from darkness to light and change of mindset towards the service of humanity which should be selfless and rewardless. One should become worthy of getting every ones love. For that give love to everybody



by speaking sweetly. Whatever task we perform, we should do it with love. We should not get upset with the behaviours of others. We should recognize the innate Goodness that lies in every human being. We should formulate and inculcate a vision of leading a value based life by creating a world of purity, peace and happiness.

## **6. Which are the greatest enemies of self to reach God?**

Intolerance, egoistic mentality, individualistic tendencies lust, wrath and greed are the sixfold gate to hell. The men who escapes these six fold gates of darkness attains the highest state of solace. When we lack tolerance, we keep brooding over why and what? When we cannot tolerate it is nothing but ego. It can not make us blissful. It can only make us miserable. "Ego is hell". The head creates a false centre in us and we lose our identity. Ego is a false life. It is a social phenomena. With a false life, how can we be ecstatic?. Individualistic tendencies breeds lust, wrath and greed which brings us back to darkness and away from Godliness.

## **7. What comes first taking blessings or giving blessing?**

First become worthy of getting blessings. We should be able to take blessings from suffering masses to gain God's blessing. When we will get blessings, we will be always happy and successful in every task. Remember God, while doing every task.

## **8. What is our duty towards human beings?**

We are peace loving souls. We have to spread vibrations of peace and not of anger. Those who get anger become sinful souls. They can not feel happy. We should



give happiness to all. Continue loving everyone and modesty should be the watchword. Life should go through a transformation so that people may experience peace and happiness in their lives. By purifying our conscious, attitude and deeds, we are able to protect ourselves and others from the influence of negative feelings.

## **9. Kindly define Karam-yogi and Gyan-yogi in simple words ?**

A Karam-yogi is one who maintains his mental balance in all circumstances, undisturbed by grief and sorrow. A Karam-yogi is never interested in the reward for his action, but he simply acts for the benefit of the mankind and not for self, whereas Gyan-Yogi - seeker of knowledge treads the path of wisdom and men of action seek the path of works (Karam yoga). Wisdom constitutes Gyan-yogi and action constitutes Karam-Yogi both are inseparable constituents of the elevated Yogi's personality. One who controls all the senses of the mind and is unattached one and another who seeks knowledge and treads the path of work, undoubtedly excel in life.

## **10. How shall we balance our life ?**

Life is invisible inestimable gift of God, bestowed to a living organism to make his self worthy, purposeful and beneficial to self and the community of which he is a component. To balance both the spiritual and material life and to follow the right path of duty, responsibility, love, detachment, we need guidance of a special nature and a Guru. When the disciple is ready, the master arrives. We should feel contented with what God has allotted. Contentment enhances self esteem. It is only spirituality that brings contentment to mind and



stability to life. In the materialistic pursuit of life, every individual makes guesses, takes chances to excel, but always success is not possible. If we fail, never feel disgusted, demoralized or tension ridden. What is allotted cannot be blotted. Repose trust is God. Life is precious. Be calm in all conditions in gain or loss. Absolute satisfaction is elusive. Remember, we are in a desperate search of joy, but we get pain. Our material achievement knows no bounds.



# Kalyug –a curse on humanity

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Going through Holy Scriptures one understands Satyuga (Golden Age), Tretayug (Silver Age), Dwarkayug (Cooper age) and Kaliyug (Iron Age) work like trade cycles. Each phase of cycle have its peculiarity attached to it making it "Heaven or Hell". Scriptures describes present age of Kaliyug as an Iron Age, exhibiting the attributes of unrighteousness and extreme degradation in every sphere of human activity. It is the fourth and final phase of current cycle. This phase of cycle culminates after progressive degradation during the proceeding golden, silver and copper age. In the kaliyug even good deed either go waste or produce bad result. Let us try to analyse its impact on various aspects of our development.

## a. Religion and morality -

In kaliyug every thing is increasingly getting corrupted. Human efforts to solve the world's glaring problems are unwittingly producing more problems. Even though our physical comforts are increasing, our peace of mind, inner contentment and spiritual strength are getting depleted. The path of religion which was carved out to show the righteous path, has itself become a perpetrator of conflict. It has been distorted to legitimise satanic deeds. Religion has divided mankind and produced hatred and violence. Countries are divided on religious lines. A wide gap is created giving rise to



fragmentation, division, destruction of the well knit social order. In kaliyug, we are passing through the night of darkness. Kaliyug has created more friction, more problems, conditions of bloodshed and made peaceful co-existence a distant dream. More religious exposure should have made nation wise, people informative and masses enlightened. But we see the reverse happening because of God's curse looming over our heads. It will end only when God- the sun of knowledge ushers in, the Golden Age. Presently he is sending his divine angel in the shape of sages and savants to bring reformation and distance the masses from vices, through deliverance of sermons, to pave way for the Golden dawn to materialise over the world.

### b. Economic Development -

We see every-where development but all deception, wrapped in strife, tension and over all unhappiness. Economic growth and development is giving more & more people access to an increasing variety of Goods and services, still then people are not happy. The gap between the rich and the poor is widening day by day and exploitation of nature's resources is an integral part of the modern economic enterprise. The consumption driven model is causing social strife with communities violently opposing projects for which their resources are expropriated by Govt. or private firms, which give little in return. Rich countries, instead of uplifting underdeveloped countries are draining out their resources for their enrichment. Each country invents his overt and covert policy to gobble up the resources, of other countries to reduce them to penury till they accept a position of subordination. God's creatures are deemed puppets and there is no respect to their individuality, as economic power rules the world.



c. Environmental degradation -

This cycle is taking heavy toll on the environment. The phenomenon of climatical change, triggered by our abuse of nature has threatened the existence of human being and has made peaceful living almost impossible in this planet. Our scientists are helplessly projecting a situation of drought, flood and global warming, caused by climatic change. Even benefits of science are proving ineffectual i.e. once a revolution in automobile sector lauded is showing its ugly presence by giving pollution in return, more accidents, getting stuck in traffic jam for hapless commuters. This vehicular pollution is causing respiratory ailments, more chronic, incurable diseases.

d. Abuse of scientific inventions-

Modern scientific advancement has led to proliferation of weapon of mass destruction. It has endangered global peace and harmony. Our life of comfort made possible by scientific invention is now killing us. We see obesity, diabetes, coronary diseases are on the rise due to our sedentary life style and consumption of junk / fast food. We boast of scientific invention, but in a race of madness, fail to recognise that we are inviting death warrants for ourselves.

e. Political Turmoil -

We see division and strife is on the rise. On the one hand nations are forging alliance for their economic gain, whereas on the other hand countries are getting fragmented on ethnic, linguistic and secretarian lines. The world is subdivided into blocks. Cold war has ended giving place to religious fundamentalism which is proving more destructive and annihilating. Powerful nations are victimising weaker nations and abusing their sovereignty for this economic, political gain. The game



of wit is going on, endlessly, unmindful of its repercussion on the humanity and globe. Where shall this type of war lead us, is known to God only? Our current economic crises is a mirror reflection of our crises of ethnic and spiritual values.

f. At the end of Kaliyuga -

When all souls have become tamopradhan (complete impure). Life is an unending sage of struggle, suffering and temporary pleasure. Relationship between human soul are filled with selfishness and falsehood . Enough is shown on TV to bury our heads in shame, if any shame is still left in the slew of human action. The consequences are nerve shattering and wide-spread. Kaliyug has added countless unethetical attitude, immoral practices and above all such gifts of inhuman attitude which is beyond description and every saner soul feels ashamed of speaking such conditionality and lowers his head in shame, so the wiser souls, think tanks of the community, policy makers, appeal to Almighty in sublime devotion to relieve us from this Kalyug and bring back Satya Yug as much water has flown beyond our bearance to face more atrocities.

Concluding, we understand that we must say Adieu to this Kaliyug now, as we have seen much bloodshed, animosity, revenge, annihilation, crookedness, manipulation, exploitation, bickering. All worldly wise people pray in submine devotion to Almighty to complete this vicious circle earliest and usher in, an era of Satya Yug, as the people have lost all perseverance and tolerance, to bear further divide of world and moral torture.



# Keeping Soul Purified - A Gateway to Heaven

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Human soul is the life force and power behind all physical and mental activities. We can see, hear, speak, smell and touch through the sense-organ. It makes the body run, walk, stand, sit and lie down. All these actions are triggered by the thoughts and decision made by the soul. Originally, when the soul descend from the soul world, it is pure and powerful. It is free from the influence of the body and the material world. A pure soul commands all powers and enjoys a perfect life. It is thought positive and creative, as its actions are righteous. Pure soul live in natural state of zeal, enthusiasm, lightness, happiness and bliss. When a soul is pure, it attracts only what is good and healthy. It does not let in any negativity to win over unwanted desire. A discontented soul is prone to be selfish, spiteful and ungrateful. When souls lose their purity and power, the world turns from "Heaven to Hell". Pure soul in human form enjoys a liberated relationship which leads to positive impact and happiness for all. In bondage and sufferings human soul turns to God and seeks liberation from this world of sorrow.

Gradually, when it becomes body conscious, negativity enters in the form of lust, anger, ego, jealousy and hatred. The domination of vices destroys Goodness and virtues. The arrogance of intellectual achievements rob human being of peace and instead they live in high



level of stress and strain. The lack of balance in life, makes a person confused.

The power of peace is the internal power of the self - the soul. When we search some time in silence i.e. searching within, experience it, then you will be able to understand what is peace. We are peaceful souls, we have to spread vibration of peace and not of anger. Life should go through a transformation so that people may experience peace and happiness in their lives.

There are people who vibrate powerful energy and radiate a powerful aura. They are enlightened souls whose brief company, Darshan (glimpse), Drishti (glance) words of blessings fill people with happiness and inspiration. Those elevated souls are spiritually charged, contented, fulfilled and tranquil souls who are not only full of zeal and enthusiasm for their selves, but have enough to spare for and share with others. Their elevated state of soul consciousness is reflected by shine in their eyes, smile on their lips, radiation in their face and the aura as halo of light.

In the human world, soul feels tired and burdened due to negative and waste thoughts and actions. They suffer from laziness and lethargy, lack of self control and connection to a positive source, make them weak. Man rolling in materialistic pursuit can not put a brake or a full stop to his unwanted thoughts and emotions. Gradually after many rebirth soul gets attached to their body and material world in successive births and lose their purity They become body conscious. Vices like lust, anger and greed take root in their minds and they start sinning. Soul and matter become Rajoguni and then Tamoguni. We generate thoughts which are created only in consciousness state. In sleep the mind does not generate new thoughts. Positive thoughts are generated through



righteous actions. When we help others and become a well wisher of all, we generate spiritual power.

Negative thoughts are thoughts of anger, jealousy and ego. Waste thoughts are thoughts of the past, worries about the future and useless thoughts about self and others. Negative thoughts lead to negative actions that drain spiritual power. Waste thoughts tire the soul and create worry and tension. We can put a full stop to negative thoughts when we adopt a policy of forgiving and forgetting wrong actions.

So, we conclude that spiritual power of the soul can be charged to the full extent by practising soul consciousness, detachment from body and God consciousness, which is the ultimate path to reach sukhdam

At the end of Kaliyuga, when all souls have become tamopradhan (complete impure) life is an unending saga of struggle, suffering and temporary pleasure. Relationship between human soul are filled with selfishness and falsehood. Enough is shown on TV to bury our heads in shame. if any shame is still left in the slew of human action. The consequences are nerve shattering and wide spread. Kaliyug has added countless, unethical attitude, immoral practices and above all such gifts of inhuman attitude which is beyond description and every saner element feels ashamed of watching such conditionality which lowers our head in shame.

So, the wiser souls, think-tanks of the community, policy makers, appeal to Almighty in sublime devotion to relieve us from this Kalyug and bring back Satya Yug as much water has flown and it is beyond our bearance to face more atrocities anymore.







# The rich reward of victory over vices

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Major aim of descended angel is to conquer the vices (lust, anger, greed attachment & ego) to lead a life of bliss. Vices above said bring only sorrow, strife and agony. Liberation from vices however is not just for Sanyasis. One can achieve it while performing one's worldly duties. The dirt of vices can be washed away from the soul through knowledge of one's true identity and the practice of virtues. First we have to understand that we are souls-not bodies. The soul is immortal, sentient point of light that lends life to the body and performs & gets through it. In its original state, when it descends from the soul world (Paramdham), it is free from all vices. Its innate attributes are peace, purity, power, love, knowledge and bliss. It is because of this that we feel comfortable and happy when we experience these qualities. Whenever experiences that go against these attributes such as anger, instead of peace and hatred instead of love it disturbs us and make us feel miserable.

1. Let us understand that the body is like a costume for the soul which it puts in, when it takes birth and discards, when it leaves causing the death of the body. The soul goes on, to take birth in another body. If we look at ourselves and others as soul and make a habit of doing



so, we can easily conquer lust – the biggest among the five main sins. While lust weakens and degrades the soul, freedom from It make, one fly in joy.

2. The second major enemy of soul is anger, which robs one, of peace and destroys the intellect. Anger testifies lack of logical understanding and jumping at the hasty conclusion, resulting in unnecessary tension, strife and stress, causing disturbance to the smooth activity of the soul. To avoid being angered by any situation, we need to become merciful. If we have a merciful outlook, we will never be upset by the failures of others. Mercy saves us from falling into the traps of blaming others for undesired or unfavourable situations. Freedom from anger not only brings peace but also helps relationship to strengthen. The heat of anger burns, but when conquered, it gets converted into all round zeal and enthusiasm.

3. Another vice causing harm to soul is greed. Greedy man thinks that if he gives, he will lose something. It is the law of nature that the more we give, the more we will receive in return from others. To give consolation to soul, we should practise the art of giving and sharing with others. Greedy thinking mentality never allows him to be happy with what he has. Greed gives rise to discontentment , which in turn leads him to be more greedy. A greedy person spends his whole life chasing happiness, but never finds it and is lost in illusion. This greedy mentality distances him from the favour and bliss of Godliness. Greed is a vicious circle which entraps him in all types of immoral, unethical, unsocial activities, rendering him useless, hated personality.

4. Attachment, similarly causes discomfort to pure soul. No doubt attachment brings momentary pleasure,



but ultimately it leads to distress and misery. When we become attached to something we want to hold on, to it and we identify ourselves with it. We are trustees of all that has been given to us by God. Even our body to which we are most attached does not belong to us. It is just a costume we have been given to perform our current role. This awareness frees us from attachment. Think of such millionaire, who accumulates, wealth but departs leaving every thing behind, in this world, but carry only words of bliss, good wishes, blessings deposited in his permanent a/c in Sukhdham. The reward of conquering attachment is freedom from all bondages that it creates. Attachments ropes us in mundane enticement. Vice of attachment comes from body consciousness. To finish body consciousness, we have to remember God and develop spiritual wisdom. Attachment debar us from true happiness which resides in mind. Watch everything in life as a detached observer. Life is like a game, watch it happily.

5 Last, but not the least that hurts soul is an egoistic attitude. Ego may arise from any thing - one's possession, ability, knowledge, and placement. Ego makes us rigid, unpleasant and disliked by others. An egoistic person finds himself alone at the time of his greatest need, as he has distanced himself from the trait of sociability. To overcome this vice, we need to develop relationship between the mind and the body. The reward of conquering ego is the power to give respect and earn blessings which brings in self-sovereignty.

So let me conclude that a life free from vices and full of virtues can only bring self sovereignty, a path to eternity, solace to soul to remain pure, unmindful of unpleasant mundane influence which pollute him even in adverse conditionality.







# Descent of a divine reformer

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After much waiting on 22<sup>nd</sup> October 2007 at Bawana Stadium, Delhi there was a commotion, on the arrival of Swami Ram Dev Ji – a Karamayogi saint par-excellence, descended with a vision to transform the universe into a disease free zone, spreading the message of yoga, for the benefit of suffering masses of the world leading towards universal brotherhood.

He was warmly welcomed with garlands. As the time available was short, much of the already chalked out programme was curtailed. Swami Ji started from Gayatri Mantra which made the saner elements to conclude that the saint has a divine vision, with a mission to infuse feelings of universal brotherhood and inculcating value based style of living, chanting of Mantra with OM leads to the knowledge of the divine and the contentment of mind. It brings purity, divinity and firmness in our thoughts and in turn brings virtues in our life. His message was clear, loud and apparent, understandable to all that it is only through the channel of following seven well laid down principle of yoga that a man can turn, healthy and wise besides getting morally and socially elevated. Audience were highly impressed by his divine sermon and a positive way of thinking to transform the present tension- ridden populace of the universe into a disease free zone, worthy of living in peace and tranquility. In



today's precarious everdemanding and dynamic life style, we all need some sort of repository which allows us to retain our lost energy both mental as well as physical. Yog is that repository for us. It is a tool which not only calms us down but revitalises us, as we will start each day, afresh without any backlog.

He exhorted people to adopt Yoga for curing many diseases which were considered incurable by doctors by now. Yoga grants a sense of wellbeing - the glow of health. It purifies our body, mind and soul. Yoga has proved miraculous to root out various chronic and fatal disease like diabetes, obesity, high blood pressure, weight loss, arthritis, heart attack, brainshock, liver damage, insomnia, constipation, excessive weight and large number of other ailments. He believed in getting cured through naturopathy.

He hinted bad habitual style of dietary accounts for all trouble, effecting the human beings. Sedentary habits of people have increased with the increase of sedantary occupation. Eating habits have changed and eating rich food has become a status symbol and over intake of food results in gain of weight and obesity. The life span of an over weight human being is shorter. Overeating has its own damaging effect on the various systems in the body. To keep all the systems in our body remain activated, it is necessary to practise Yoga even if we have to forgo some other engagements. Taking right type of food will lead to a purposeful life. Constipation is an age-old disease caused mainly by wrong habits, intake of acidic, rich, greasy, fried, roasted and spicy food devoid of fibre, mineral salt and vitamin. Constipation causes tension, stress and strain, tiredness, acidity, stomach-ache, headache, insomnia gas etc.



Yoga is also important from the spiritual point of view, besides necessary for maintaining physical and mental health. Pranayam is a gateway to Heaven. It is through the process of Pranayam that one can keep away from all sorts of diseases, lead a cheerful, meaningful and above all a cherished life of vision and purpose. Human body is composed of five elements. Yau or air is said to be an essential element which keep the body alive and maintains it. This air when inspired in the body by the process of breathing through nose is called "PRANA". It is Prana which provides us with vital energy which is the basis of our life and provides us immunity against various kinds of diseases. Pranayam exercise are aimed at cleansing the Prana and Pranayamkosha (Ethnic body) and render him hale and hearty. Prana enters the body through nostrils. It is through the support of respiration, our mind peeps into the inner world and enables us to experience divinity. The benefits of Pranayam and various Ashans are countless. Our chitta becomes free from the ignorance and is covered by radiant light of knowledge of ultimate reality. When we inhale, it is not only the air or oxygen that enter the body, but along with it, also enters a divine energy which keeps the body alive. Pranayama practice improves the functioning of the brain cells, with the result that memory and faculty of discrimination and observation improves, with many health benefits. He explained in detail all the seven kinds of Pranayam and advocated for at least four Pranayama such as Kapalbhati, Bhastrika, Anuloma - Viloma, Bhramari Pranayama. He gave vital guidelines for meditation and demonstrated certain Ashans, himself.

In his short discourse of an hour, he enlightened the gathering with his divine sermon as to how, through the medium of Pranayam and various Ashans we are able



to keep our-self fit physically, keeping the diseases at a distance which we invite through our faulty dietary system. Yoga not only keep us physically fit, but elevates us morally and spiritually, a necessary condition for living a happier life, free from any tension or disease.

The message was short, situational and touched every human heart and his sermon left an indelible impression on the minds of all gatherings who had come from all corners of Delhi, to hear him and profit by his rich divine blessings.



# God is re-establishing peace on earth

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All right thinking, saner elements, think-tanks who are interested in reconstructing global society are making all efforts in establishing peace all over the world. Political masters, social leaders in their turn are also making every possible exercise in re-establishing peace and tranquility. But there is a complete divergence in their aim and action which are reversal in approach, exhibiting malafide intention.

Their aim is enveloped around a touch of ego, self-assertion, self interest and their aim is not in purity, but mixture. So instead of all efforts of peace making, we see world turn in violence and conflict which continue to fester in the world. Every country nurtures its political ideology, economic interest, perseverance of a ethnic and other interests which have led to the emergence of new conflicts in different parts of the world, while some of the older conflicts have become more complicated over time. As a result, universal peace seems an impossible goal to achieve. The egoistic, vulpine- nature of our politicians besides greed, selfishness, hatred, dominance, secretarian and terrorist violence is the instrumental factor for uprising terror like situation. The facts is that peace breakers can not be peace makers, exemplifying UNO controlled by five nations that has amassed the deadliest weapons known to mankind. These nations are also the biggest producers and dealers of weapon of mass



destruction. How can we expect from those who sell tools of war? This anachronism between the aim and action is visible in all spheres of life.

Economic development is the prime concern of every country today. Gap between the rich and the poor is widening. Wealth is becoming increasingly concentrated in the hands of super-rich class of individuals. This growing economic inequality in turn, threatens to unleash social conflicts. The consumerist culture adopted by affluent nations of the world have led to rampant exploration of natural resources and abuse of the environment - a great threat to climate change. Natural resources becoming increasingly scarce, poorer communities whose lives are tied closely to nature, are the worst sufferers. Experts predict conflicts is on the annul over water, food and arable land.

Mankind seems heading for a hopeless future and only God- the creator who is the ocean of peace can end the growing chaos in this world and usher in peace and happiness. Human beings- the God's creation are peaceful soul but when such souls enter in this mundane world, they turn impure and weak under the influence of vices such as lust, anger, greed, attachment and ego. Only God has the power to save human beings from those evils which are the cause of all man-made conflicts. Lord Krishna in Bhagwat Gita indicates that when "unrighteousness reaches extreme proposition God descends on earth to destroy all evils and reestablish peace and righteousness." This divine work is already under way and soon we shall have peace and tranquility. We shall have a vision of leading a value based life and creating a world of purity, peace and happiness.

God is remembered as a purifier, So his task is to change impure human being into pure being, once again.



# God Gifted Man - A Quality to Serve Suffering Humanity

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Life is invisible, substantial, intelligent, individual creation, coordinating power controlling the forces involved in the production and activity of an organism possessing individuality. It is the greatest gift to a human being fitted with all necessary organs to function. When the whole machinery is ready to operate "He" fuels it with an invisible substance called "Atma" destined to last for the period "He" determines. Life is too short to hold-on to grudge and regret. Worldly wisdom is to live each day as though it were his last. Then we will be living in a state of light, love and unconditional contribution. Think, how the mechanism so artistically created is to work by feeding it with the substance called food. So we should salute with reverence and bow our heads in sublime devotion to "Him" for giving us a life, so delicate, purposeful and enjoyable.

Secondly to protect the organs created, "He" covered it with a beautiful carved physical body. Our physical body is a temple. We take care of our body by eating a healthier balanced diet and making a habit of regular exercise. We give rest in the shape of sleep which helps in increasing energy, vitality, joy and freedom. God has gifted human beings with eyes and ears to see, praise and



appreciate his greatness; hands to work for self and others, legs to move around to explore His hidden wealth. He has also gifted each of us a "Brain Box" well protected by many layers. Within the Brain, there are cluster of nerves cells called neurons. He had created a super system called Central Nerves System, driven by chemical forces acquired from intake of food which converts into vital energy in the form of nerve current. He created an invisible force called mind, which aids the brain, to activise, decide and project social attitude and lifestyle. So a great mind becomes a great fortune. There is a need to give a rich spiritual food to mind and make it work in a healthier way without any disruption. It is regarded the centrifugal force, a good servant, but a bad master. A pure mind does not let in weak traits to come into action. In the present world, our mind usually indulges in weak traits such as selfishness, greed, anger, jealousy, egoism. Mind has the original quality of love, peace, happiness and bliss. A pure mind is one, which attracts only what is good. If we develop a polluted mind, we are inviting trouble and creating conditions of strain, stress, tension. We need purity of mind to gain immortality. Soul is the repository of peace. To make mind pure and soul immortal, let us follow the doctrine of righteous living enshrined in our holy books, and express our gratitude towards Almighty in showing us the path to attain "Nirvan". With two invaluable gifts of brain and mind, he has thrown open various channels to attain His bliss, if we follow his direction and code of conduct. Let us all, whole heartedly thank "Him" to lay down the path to attain salvation.

Among the large number of directions, which are all equally important, I rank in priority selfless service towards suffering masses, poor and needy. By serving



such helpless human creation, we win the favour of suffering human beings and the blessing of God, too. For serving humanity, we need behavioural change in our deeds and action. Change of mindset is essential to distance ourselves from evil forces to dominate. To serve humanity is a herculean task, a thankless job, for which we have to surpass many obstacles, act upon our conscience, shun egoistic mentality. This struggle needs many virtues to develop within himself like good moral character, modesty, humanism, spirit of sacrifice. Every event which has passed, or through which we are passing bad or good is a lesson from which we have to learn, destined to our lot. Repose trust in Him, as his ways are mysterious. Let us remember tomorrow this misfortune can come, to us and the best way to face eventuality is to believe in the religion of humanism. Selfless service towards suffering masses irrespective of caste, creed and colour give solace to mind and rewards us with a contentment. It comes only from a pure heart and by imbibing spiritual treasure like wisdom, good virtues and powerful mind. A contented heart is also a large heart which is fitted with malice towards none, good will for all the suffering masses with compassion, contrary to this, discontented mind is prone to be selfish, spiteful and ungrateful. We are in desperate search for joy, happiness and solace, but we get in return, pain. Absolute satisfaction is elusive for it is as deceptive as a mirage in a desert. The more we taste the elixir of life, the more we are driven towards it and its thirst creates restlessness and frustration. While serving the humanity by our good deeds and purity in action, we create and inculcate social virtues like respectability for others, courtesy, politeness, decency, mannerism.



Socialisation can not be wished away if we have to live in human society, of which we are one component. Remaining aloof from the mundane enticement and to imbibe such virtues of head and heart that he should remain unattained by materialistic desire can make us happy. The question arises, how to overcome this obstacle? It is simply through the medium of meditation which is a well laid down path to link self with spiritual realms. It will give us power to draw out peace, clarity, joy and solace. It will give us perfect balanced state between mental, physical and emotional disorder, to hunt for spiritual grooming. The simplest way to abstain himself from falling into a trap is never to pass any judgment, as none is complete and everyone acts as per his conscience. Every human being has his own compulsion, social, economic or otherwise, within the parameters, he works. It is easy to fall into negative pattern of complaining and feeling, like a victim of society. If we develop rational attitude, positive thinking and switch over to our conscience, we will feel a marvellous change, provided we have a pure mind in operation.

So the clear cut message from the divinity is to love every creature and it is the only potent instrument to win even the enemies and win the favour of God's blessing, as the service towards humanity, is to serve God in true sense.



# **GENERAL ESSAYS**



GENERAL  
ESSAYS



# Is man, the maker of his FORTUNE?

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Some are born with Golden Spoon in their mouth to feed and diamond necklace to wear. They carry fortune and have not to struggle, as people are there to work for them and multiply their wealth. They may be called fortune born children.

There are others, who toil hard to make fortune. They exploit their "Brain Faculty" and devise ways and means, by dint of hard work, proper diversion and channelising their mental calibre in right direction. There are other section of people who neither toil nor inherit fortune but luck, position, relations, contacts favour them. It is that section of people where fortune rules life, not wisdom.

There are other section of philosophers who believe that a great mind becomes a good fortune. When the mind is pure and a trusted friend, it does not allow a man to indulge in weak traits and attracts only what is good and healthy. A pure mind does not let in any negativity to win over, unwanted desire. None is perfect. Every human being has its weakness, but the degree varies. So pure mind helps a man to coin his own fortune. These people accumulate fortune by inculcating merciful attitude and humility in service.

Fortune is a powerful word. It invokes all that a person seeks in life. Fortune is a power that beckons the desired fruit, whether it is Mukti or money. Every



individual is the architect of his own fortune. Through our good deeds and pure feelings we create a good fortune. Fortune helps him who is willing to help himself. To accumulate good fortune it is important that the action we perform are righteous and more importantly free from selfish expectations and ego. It is essential that righteous actions are accompanied by pure feelings of goodwill, compassion, joy and generosity. Such feelings begets blessings from others and also ensure a good fortune. When we are merciful to others and always think of giving the best to all in an unlimited way, side by side cultivating spiritual values, we can accumulate unlimited fortune for the progeny. By doing good to others we accumulate karma and thus our fortune is made. In order to create a good fortune, a person must be the master of the self. One who is dependent on material comforts, name and fame, bondage by habit (which are transitory in nature) can not experience blessings and inner joy that comes from good karma. A few believe that fortune favours the brave. It may be true in certain cases, but it can not be generalised.

So to my inquisitive mind, fortune is the Bi-product of man's good behaviour, good deeds and pure feelings, which we get from blessings and service towards humanity - a reward from Almighty. Fortune rules life and not wisdom. Some may raise a justified question, which is genuine and is debatable, if one can change his fortune?

I carry a firm conviction that a man by his deeds and action can surely change one's fortune, if he keeps himself detached from egoistic mentality and shuns or distances away from excessive attachment to seek the fulfillment of mundane desires. How far I am true my readers can assess!



# An Unaccomplished Mission

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## PATH TO SUKHDHAM

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Sometime, when I am in a pensive mood, I recollect old reminiscences of by'gone days, summing up my balance sheet and drawing inferences, I find breakeven situation and the mission to sukhdam remaining unaccomplished. I was born to humble parents, but elevated soul, always finding them engaged in domestic compulsions, but never neglected their ultimate vision in purifying their soul by piling up stock of good deeds. I could understand their direction and unspoken words, their height of spiritual elevation, at a latter stage of maturation, hearing how much my parents had mediated for my arrival. In my childhood, I was made to exploit my potential in the academic field. Besides, associating me to participate in all family rituals, with a word of caution that both activities are to be coordinated, as they are complementary - a necessary condition for getting peace of mind, solace and status in life.

In the prime of youth, I was lost in the artificial glamour of this materialistic world, believing that this is the be-all and end-all of life. I did nothing unique, but followed what others used to do earning, enjoying, accumulating all capital, forgetting to search the path, for which I had been craving for, by my inner conscious, ever since my birth.



The youth is gone, old age is at the doorstep, when I was warned by another stroke of emotional out-burst to look at the balance sheet. To my dismay, I found only liabilities, with no carrying assets, showing negative capital. Here, I realised my blunder, that I have businesssed life in exchange for, with poor barter, like commoners, nothing unique and felt guilty to defeat the mission of my parents, killing my inner conscience, too.

I started rectifying my mistakes, committed, in utter ignorance and lack of worldly wisdom. The decaying years, proved a stumbling block, repenting the fertile years of youth which were wasted in sheer indulgence, artificiality of feel-good days, and the mission to find the path to Sukhdham not only seems impossible but difficult to attain, as the expectancy of life is too short and the journey to complete is too far off.

This will remain the greatest repentance, for which I dare not, ask for another extension from Almighty. Alas! Dream to find pathway to Sukhdham remains unaccomplished and mission defeated by default due to mundane enticement.



# Keeping memories alive for a cause

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Almighty - the creator of universe in his deliverance of justice must have conceived of creating a 'Replica of Paradise, hitherto, created in his own Heaven for the enlightened fallen angles as a reward for them, who serve Him, his creation and follow nature's command. To carve out such a paradise, as a rewarding offer was a thoughtful preposition. His vision fell on a track of his created barren land, inhabited by God fearing simpleton, meek, modest, cooperative, hospitable populace, which he considered fit to be an abode of saints and savants. He was highly impressed by sublime devotion of a saint called Kashap-Rishi. He created Kasheer after "Kashap Rishi" to honour his sublime devotion, decorated it with all possible nature's beauty giving salubrious climate which made this celestial valley a magnetic point of attraction for all those who are fond of nature at her best.

The valley was ringed round the mountains of various ranges entrancing lakes and fascinating glaciers. The vale was blessed with fresh and clean air, enchanting beauty of its meadows, murmuring stream, making it a picnic spot, showered it with snowfall to fulfil the desire who felt thrilled to move in falling snow. This beauty got aromatised with the richness of Kashmiri cultural heritage. Such climatic combination and nature in openness proved a fertile background and a conducive atmosphere to



produce intellectuals, religious thinkers, historians and galaxy of elevated personalities whose work was globally recognized, valued and held in high esteem for their contribution towards humanity.

But Alas! Some devils eye fell on this valley when this land of saints and savants stood ravaged by violence and hatred and religious tolerance was made to disappear. Kashmir- the home of sages and saints for centuries past, temple of inspiration for the seekers of truth and spiritual knowledge is now a witness to cataclysmic change within itself. Sainthood was a regular feature when people were seeking blessings of such elevated saints. Some people sought their help for getting spiritual solace, but a large number went to them to seek the fulfilment of mundane desire or to ward off calamities.

These enlightened souls spreading God's message were not even spared resulting that saints have gone into seclusion. We see the institutions of sainthood have been fast disappearing. There is an inbuilt environment of fear, suspicion and unrest, created by such inimical forces. The divine wisdom of the saints is ineffable, unfathomable and inexpressible. They sensing disrespect to their creed migrated much earlier. How can the common intellect grasp the imports of prediction of the saints? The human intellect is just not capable of comprehending the deep imports of the saints and their sports.

These destructive forces spread disillusion and distrust towards all. There was despondency, hopelessness among the aborigines of Kashmir. The foreign incursion caused Bizarre, hate Indian virus infused by anti-national forces into the blood of misguided Muslim youth, who are indoctrinated to revolt, rise and keep self ready for Jihad.



Almighty felt utterly confused, with the hedonistic bent of such wicked people who indulged in looting, creating terrorism and adultery. Such devil forces exposed their malicious design by raising preposterous, faracical and superficial demand. They instigated their goons to fight war of proxy, for the last two decades which is indicative of something going wrong.

The ultimate impact of all this turmoil culminated in the enmass exodus of K.P.s who had to flee, for the safety of their life and honour, none coming to their help but extracting a political mileage out of this exodus. It is a punishment given to the community for being patriotic Indian. The problem of exodus of Lakhs of Kashmiri Pandits and its subsequent displacement should be looked at, from the humanitarian angle. Nothing can be expected from a rag-tag Govt. and so any shrewd observer with a saner mind can visualise where all this is leading towards? We seem to have entered a cataleptic trance, unaware of the imminent danger that looms ahead of us. If we want to defeat such destructive forces we need to follow the policy of cohesiveness in the spirit of accommodating each other which is the only mantra, to follow.

Let us not forget, what we got in return to be submissive, but keep memories alive for a cause, dear to all of us..







# YOUTH – Then and Now

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**[A] Youth of my Heydays** - Recollecting bygone days of my youth and trying to make a comparison with today's youth, who are seen lost in anxiety, stress and strain, I find a difference, poles apart, between the two. Our youth was a period of time when we happen to be carefree lads, unaware of loaded responsibility to come. As and when we opted for a job, mere a search, an interview, a little of influence was sufficient to gain employment after acquiring education. There was no choice of profession, satisfaction and placement of whatsoever nature was enough to start house hold.

**[B] Youth of today** - Youth of today is seen wrapped in tension, stress and strain, facing all odds, trials and tribulations of the present day competitive world of unrest. Analysing the conditionality. I find that the three fitnessess (i.e. physical, mental, moral) that contribute for a balanced wholesome health is almost absent in our youth of today. The life of our youth is devoid of any physical exercise or spiritual tranquility. They get up at 6:00 AM or so. In one hour they rush through the daily chores, hurriedly go in for a standing breakfast and are on the run for duty, as they have to travel miles and miles away, in buses, trams, metros or other mode of transport to reach at dot 9:00 AM. Breakfast is an important part of morning meals which keeps the body in activity and



energise it, to function, as a fuel. When such breakfast is consumed hurriedly, it would effect partially without causing energising effects. Their in offices they consume junk food, as per compulsion which creates problem in digestion. By the time their duties are off, they feel exhausted physically as well as mentally, reaching home late hours. For them home is no place for recreation, enjoyment, love but a last resort of sleeping hotel.

**[C] Cause of anxiety** - The enmass exodus has made the entire youth of the community to make fanatic attempt to seek private employment, leaving aside, other alternative options available at home. There is no option but to go in for private job for physical survival. Here, they have to face cut throat competition from employers, who no doubt pay them lucrative salaries, but squeeze their vital energy within a short span, making them to turn older, at an early stage. On the physical front, they have no time for exercise. Gradually over the period of many years' continuous physical and mental strain, turns them disease ridden, afflicted with various diseases like blood pressure, heart ailment, kidney problem, loss in eye sight, backache, acidity, obesity and many other ailments. All this is because of ignoring physical exercise like walking, giving drill to body to keep it active and consumption of fast food as per compulsion in offices proves detrimental to their health.

**[D] Cause for turning Non-believer in God's existence-** On the spiritual front the mental peace of our youth is generally seen at the lowest ebb. They have no time or inclination to try in uplifting their sagging mental peace and tranquility by harnessing their unlimited spiritual prowess and psychic energies through modes given in our religious books. They are more worried about their job security, in search of better employers at the cost



of their health. Extensive touring, sitting for late hours in offices, irregular dietary habits, as per compulsion acting against the nature's principles of better living, are all factors that are proving detrimental to their health and longevity of life. Happiness, and solace are vital links missing in daily schedule. The path to maintain balanced health is the vital problem of today's youth. Money is not the be-all and end-all of life. One has a legitimate responsibility towards self too. The future of our community lies in the possession of a healthy upkeep of body, mind and soul. Community will excel in different fields if its youth are physically fit, mentally alert and socially acceptable to society to prosper. This attitudinal trend, hunting for green pastures ignoring all other necessities distances them and erodes their faith towards divinity

**Where lies the solution** - To combat with the stress and strain of the modern competitive world, I feel that each one of our youth has no option, but at least spare two hours in the morning to go in for Pranayam, meditation, Assan etc. Pranayam will help in purifying the mind, body and soul. Inhaling fresh air in body by taking long breath gives exercise to respiratory system removing the dross material accumulated in the body. Pranayam gives life to soul which is its food. Meditation is the way to detoxify his mind to combat with everyday tension and worries. Meditation helps too, in purifying the intellect of a seeker. Assan - exercises of different types can be taken up, on off days or as and when time is available.

**What is our responsibility towards self, family and community?**

It is the health which matters more. Money or no other material can substitute it as it is rightly said "Health is



lost, everything is lost". We have a moral and social obligation to keep self in trim, which can produce, rare and develop a good socially viable family only. If we are ourselves healthy with sound mind, we can elevate our microscopic community to its zenith which is only possible through the "Mantra" of Pranayam, Meditation and Assan....a panacea for all to follow, for a meaningful tension free life.



# Preparing our children for Global placement

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## 1. Placement - an easy process in olden days-

Recollecting the hey days of my child hood, when Greater India was partitioned into two Independent-sovereign States called India and Pakistan necessitated by Independence Act of 1947. This partition resulted in the Culmination of long list of multiple problems. The whole administrative structure was to be rebuilt, which needed thousand of personnel to be recruited. Those days were of simplicity, compromise, love and respect. So process of placement was an easy job for seeking appointment.

## 2. Visible change was noticed

With the passage of time there was a growth and development in all sectors of our Economy. The visible change was noticed when there was a planning for development and thousands of personnel's were needed till 1990. There was a little Competition from outside when the child needed the help of parents and others.

## 3. Parents role for the development of child for Global placement.

Time had changed entirely when the services of parents were roped in to prepare their children for Global placement and face competitive environment. There is no substitute to replace his position. At each stage there is a



need to associate parents, if parents want his ward to excel for Global Placement. The thing which lurks me the most is the uncompromising attitude of the parents who are unmindful of the level of intelligence of their children. They expect their child should surpass others, which creates a feeling of jealousy. Parents are over ambitious expecting miracles from their child. Parents need to study child psychology and this will give him the knowledge of working mind of the child. Parental over ambitious attitude turns the child either disinterested or finding no option leads him to commit suicide. There is madness among parents to see their child at the highest ladder surpassing others in race. There is a dire need to be extra careful, sympathetic, loving and friendly with his child, if he intends to excel his ward in the field they choose. Parental behaviour in the make up of a child, plays a crucial role. Parents must understand the capability, intelligence and environment. Parents should support their children, by showing loving attitude and encourage them if the cause is reasonable and justified.

Parental attitude help the child to carve a place of honour and to exalt his mental capability. All students are unequal in respect of intelligence which varies according to environment and other factors. Parents should not mind if their child does not show better performance in studies. Parents have to find out his interest, his inclination towards other activities. Child will show his excellence for better performance. Parents who show anger, rebuke, disgrace or apply other humiliating attitude are no more their friend, a guide or a well-wisher. There is a dire need to understand child's likes and dislikes. Parents should have a vision and should be able to create a spirit of dedication. Parent's role is a Bia-polar process. Parents' role is important as he has to infuse



vision. Some parents escape responsibility, pass it on to teachers in school or engage a tutor. As a practical educationist, I believe that educating a child is not a useless exercise, but the best form of investment which never deceives, and gives much in return. I advise parents to spare sometime for their family and children to share their joy and sorrow, stand by them, in all conditions.

So preparing our child for Global Placement needs unqualified support, direction of the parents and many obstacles to cross.







# Goodness never goes unrewarded

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The purpose of life is to be happy and share happiness, yet most of the people today yearn for peace. Goodness never goes unrewarded. It costs nothing, but gives much in return. God blesses those who are good and are engaged in good work. Goodness, cleanses our mind and soul of the evil accumulated there in, of the past birth. Goodness fills our heart with compassion and selfless love which enables us to look beyond the limits of our mind. A good person is a good finder as well. A good person catches good alone. His mind does not focus on the bad side of a person. It is the real test of a good person. If we are good internally, our eyes will only catch what is good externally from a mixture of good and bad. Good people are God's blessings.

A good person is filled with wisdom, virtuous quality and enjoys happiness. Goodness is a quality par-excellence in every human being. Goodness makes him to think rationally, well towards all, malice towards none. He patiently hears all friends or foes. Goodness helps in developing a vision of leading a value based life and create a world of purity, peace and happiness which is an inside job. It is self created.

A human being does not merely want to progress materialistically, but also wishes to grow mentally and spiritually. To be good and do good is the alignment of a



true heart. Happiness is the best diet, just as good diet keeps the body healthy, similarly happiness keeps the mind healthy. Goodness brings contentment which comes from a true heart and by imbibing spiritual treasure like wisdom, virtue and power. A discontented soul is prone to be selfish, spiteful and ungrateful. Absolute satisfaction is exclusive for it is as deceptive as a mirage in a desert. We are in desperate search for joy, but we get pain in return. Goodness inculcates the virtue of doing good to all and heading towards spirituality that brings contentment to mind and life.

It is almost difficult to define life as it has a complex set of definition ranging from pleasure sex, health, dedication, detachment to many things. Goodness helps us to sow seeds of peace in a divided world. Goodness helps us to extol intelligence and downgrade cleverness.

Let us change our mind-set and switch over towards the virtue of Goodness.



# Education - An instrument of Saviour

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For a society to survive and progress, each generation must pass on its knowledge, skill and value, on to the next generation. This process is called education. Passing on knowledge is so vital that every country has established formal system of education for teaching children by sending them to schools and colleges. Throughout, our life we are also educated informally by parents, friends and others. Education provides society with doctors, teachers, scientists etc. It gives industry a capable workforce and help to maintain law and order by instructing people in social values. The first form of education a child receives start from birth by his or her immediate caretaker, known as home.

It includes not only learning such basic skills and speaking, but also teaches the child how society expects that he or she should behave. The child learns from instructions and by imitating others. Socialization also takes place at school and through cultural influences such as various audio- visual aids. It is through the channel of education that men develop mental capability. Education gives him the light to enlighten others. Better education sharpens his mental capability and inculcates in him, the virtue of head and heart. Education inspires him to live a righteous life of devotion. It is rightly said that knowledge is light, knowledge is might.



It was the education which helped our diaspora to search out a place for survival and earning. Education has made us more conscious, more self confident, more cohesive. Education helped my community in cultivating social virtues like courtesy, politeness, reticence, decency. Socialization cannot be wished away if we have to live in human society. Education helps us in doing good deeds and creating pure feelings. We create a good fortune which is possible only through the medium of education which creates goodwill, compassion, joy and generosity.

Education is the only instrument to develop the faculty of mental horizon and distances him from developing egoistic mentality. All types of miseries enter through the ego. It cannot make us blissful. It can only make us miserable. Ego is hell. The head becomes heavy and suppresses the softness of the heart. The head creates a false centre in us and we lose our identity. So we say ego is false life. Egoistic mentality divides the community into groups, which weakens the community. Education is fruit giving investment. Education brings in us, a change for better living, making us to realize that we are peaceful soul. We have to spread vibration of peace and not of anger. Whatever task we perform, we should do it with love and continue behaving lovingly with others. Education helps us to treat everyone with love and respect. Education will help us to conquer all vice within him. Education also helps him to inculcate pure thoughts and good ideas. It will also help him to implant the thinking of our ethnic culture. It can lead us towards spirituality, bring contentment to mind and stability to life. Education too helps in following the Godly injunction of leading a virtuous life, attain a level of purity that is akin to divinity. Purity of the soul, purity of the heart is the greatest shield of protection because a pure heart is



the key to God's blessings and his blessings are the greatest protection. Educated people understand that whatever task they are supposed to perform, they should do it with love and make him understand that life is like a game and we should watch it happily.

It is only through the medium of education that he finds out a fact that man is never free and he weaves the chain that cage him. Education is only the source to help him in the pursuit of excellence, produce intellectuals & men of eminence.

Education is a gateway to share our vast experience of meeting people, trying to understand their problem and realizing what life is all about. So, knowing its Pros & Cons, I may advice my community brethrens men, women, and children to be educated so that they are not exploited. It was only the instrument of education which helped our community to understand the nefarious designs of the anti- national forces and applied our Razor-sharp intelligence to migrate outside the state without any resentment, confrontation failing them in their scheme which was caliberated from outside to keep the whole community hostage in return for granting "Azadi".

Let us all thank our ancestors that they had armed us with this asset of acquiring education which helped us in living honorably till we lived in our homeland and after migration, we were able to search out a job to sustain our existence. Let me conclude with an apt quotation given by Aristotle which stamps my firm faith.

"Education is an ornament in prosperity and a refuse in adversity".







# Faith that moves the mountain

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Faith is an undisputed truth and a motivating force, also called the elixir of life - a panacea to explore self and march ahead with dogged determination to accomplish the goal of life. Faith in whatever form manifested, is a booster dose. Faith springs from the heart and a pure heart will surely deliver unmixed words. Faith is the basis of love and reward. Where there is no faith there can be no love. If faith is born out of truth, it is the soil that nurtures the life. Faith moves mountain. It was nothing but the faith of Savitri that she could bring back her husband Satyavan from the lord of death. Likewise it was the faith of Mahatma Gandhi that one day, by his policy of non-violence, he will liberate India from the British Empire and he did it. If we have determination and firm faith, we can work wonders and make possible what others declare impossible. The need is to have full faith in self and follow the right channel. If we have faith, we will be gaining peace of mind when all around we find ourselves surrounded by utter chaos, confusion and exploitation.

In my faith I have found and continue to find the answer for all the ills that ravage - our world. It is a personal matter and my faith has helped me to surpass the limitations which I inherited overtly and covertly. It took a long spell of a decade to ingrain a firm faith in my mind to realize self and develop the virtues of



self-awareness. The faith slowly strengthened my will-power, determination, clarity in thought and actions. My faith has enabled me to soar far beyond the contours of human boundaries, leading towards spirituality, making life purposeful. Though it took a decade to gain self confidence, much against emotional turmoil, yet it gave me a very good reason to lead a respectful, meaningful and value based life. My faith has become a quest for it offers me more avenues for self growth and, development, so far as I continue to dive deeper into the essence of my true self, my spiritual existence. My amazing faith has shown me how little we know of ourselves, our capacity to create our strength. The foremost external consequences of my faith have been expression of inward peace and unselfish love. We are in desperate search of joy but we get pain in return. Absolute satisfaction is elusive for it is as deceptive as a mirage in a desert. Contentment springs from a true heart and by imbibing spiritual treasures like wisdom, virtues of Goodness and power.

Contentment will enhance self esteem. It can only be cashed by cultivating true faith. It is a matter of personal understanding and my faith has helped me to carve out a place of honour, purity of deeds and action. My faith is born out of truth and my unshaken faith in the divinity also to mysterious power to elevate my starving soul to grant solace. So I agree cent-percent with an old saying that "faith moves the mountain", but I would add to it, to move the universe towards betterment of the humanity, making us believe in the religion of humanism. The need is to show sublime devotion and gain divine effulgence by inculcating firm faith in the supreme power. I hold a firm faith that the nations of the world will develop, a vision of leading a value based life and create a world of



purity, peace and happiness. To accumulate faith, it is important that the actions we perform are righteous and more importantly free from selfish expectations and ego. Faith will help us to purify our conscience, attitude and deeds and thus we will be in a position to protect ourselves and others from the influence of negative feelings. To think well of all, to be cheerful with all, to patiently learn to find the good in all such unselfish thoughts are the very portals of "Heaven". So it is the path finder, a gateway to enter the corridors of "Heaven". Let us develop this virtue and never falter to achieve it by dedication, will-power and determination.







# **“Annus Mirabilis”**

## **New Year’s Resolution**

### **– its importance and impact**

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After, a few days, we are to say Adieu to the year 2008 as the New Year is at our doorstep. We as individual, are making all preparations to felicitate the new year with pomp and show. We make different Resolutions, charter plan to see that the conceived Resolutions are materialised practically. We eagerly wait, keep awake, delay on purpose going to sleep with this expectations that the new year will bring immense pleasure, happiness and prosperity. The new year is welcomed with rejoicing, merriment, with the hope that it will accomplish our incomplete mission. Men of letters, enlightened souls do make Resolution ahead of time for its materiality. Such souls have a strong will power, divinely qualities of head and heart, to move ahead with more vigour to accomplish the pre-determined goal. We commoners do also make resolution, but they fade away and are lost under domestic compulsions. Our mundane desire for materialism, upward rise, detracts us away from the path as we have weak determination or willpower.

Good resolution is a delightful form of morality.



Good resolution anticipates good work. In some cases, the Resolution are so big called Himalayan resolution, difficult to accomplish. Such resolutions are "Day-dreaming". Good resolution is the intelligent anticipation of events. When we see our resolution fails, we get lost in depression, yet we never loose heart, renew our faith in ourselves as faith moves the mountains and once again make a fresh attempt to resolve the impediment. There is an instinct of perfection in all of us which invoke us to make new Resolution. As New Year 2009 has already set-in, let us introspect and make a resolution to do something miraculous for the community, besides reforming self to be available for community service.

**Resolution No.1** I find a few leaders among our community with a determined heart, broad vision, definitely a super intellect to foresee, conceive and visualise the events to come. Their prediction is not merely a supposition, but a divine-vision. The whole community looks forward towards the Resolution they determine for the community, to follow. The whole community reposes trust in them for their "Marg-Darshan". They are the captain of the community's ship to stir the whole community to a pre-determined goal. All leaders of major parties are trust worthy, disciplined soldiers of community and also well wishers, let us make a Resolution to repose trust in them. They are path finders, Beacon-light to lead the masses. Their vision is without any doubt praise worthy and prophetic A.I.K.S. decision to file writ petition in the Apex Court, Kashmir Samiti's struggle for issuance of photo identity card, ASKPC venture to restart the The Martand , JKNDP decision to float a political party are, all herculean tasks. So the first resolution is to repose trust in our acknowledged leaders of whatever group they belong, working in any part of



the Globe. All have identical aim, while the approach be different.

**Resolution No.2** Secondly we have to see and make resolution that our culture is not eroded. We, as elders have to watch that the rich culture, social values, inherited should, in no way get diluted even when we are in-exile. Change in cultural factor has a direct bearing on the living conditions of the community. Our culture should not be allowed to be obliterated or wiped off.

**Resolution No.3** Thirdly we have to make a resolution that wherever we go and settle, we have to bring serenity and tranquility of pre-militancy day for our home land. We have to live for the cause of community and safeguard its identity, for which we need unity and to rise above petty and narrow outlook.

**Resolution No.4** Fourthly and importantly we have to shun egoistic mentality, vulpine nature, mudslinging. The negative mentality sows seeds of dissensions in the community, creating friction, annoyance, and pseudonymous campaign of vilification. Let us make it a point that instead of flinging vitriol over each other, we make a beginning, by responding to the limitless calumny purveyed in the press and elsewhere.

If these four Resolutions are made in the year 2009, be sure my intuition is that we will turn our community a "Heaven" on earth. Let us strive for it and prove that we are an elite community of sages and savants.

Wishing you all, happy new year.







# Knowledge verses wisdom

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I carry a firm conviction that God, while distributing knowledge and wisdom, gave my community a lion's share in knowledge in return for its modesty and virtue of hospitability. No doubt, we have an individualistic mentality, when we see infighting among our leaders on trivial Issues, but I never ascribe it to any other reason, other than intellectual development of weighting all issues to understand its reality. It was the treasure of knowledge which made us to migrate without any confrontation and to think of rehabilitation on better conditions than we expected in Kashmir. Separation; no doubt is painful but separation for a better future is a welcome step. There we had a narrow vision but dispersion to different corners of the world made us Globally competitive to exhibit our mental capability. Secondly, migration made us to differentiate between our friends and foes, and we got the answer to our unanswered questions, as to who is what? The schemers had meticulously manipulated wholesome genocide, but knowledge helped our community to rebound the nefarious design to recoil on their community. Present age surpasses all previous age in knowledge and so migration proved a blessing in disguise. Conditions were so created that we had no alternative, but to say "Good Bye" tomorrow or the other day as all avenues for our community, was blocked and community was made to feel economic deprivation.



All others complained to God for his partiality, upon which God replied in return that I have given them knowledge, but not the wisdom, which is a pre-condition for its application. I feel depressed that with increase in knowledge there should be a co-relative increase 'in wisdom which is almost absent. Our community today is in great need of wisdom, as our microscopic community has to fight a war of wits all around our foes, who are powerful. We need application of knowledge. It is not enough if one's knowledge is comprehensive, one's feelings should not be narrow. An increase, in knowledge without a corresponding increase in wisdom is very dangerous. Comprehensiveness alone does not constitute wisdom.

The wisdom is needed in the choice of ends to be pursued and, in emancipation from personal prejudices and egoism. Wisdom means creating a certain degree of awareness of the goals for the tyranny of egoistic mentality. One should not hate even one's enemies. The right, approach to solve the problem of evil is through understanding and not through hatred. It is the tolerance, not backbiting and mud sliding which speaks of wisdom. It is to be coupled with morality. One of the factors that contribute to wisdom is a sense of proportion which implies capacity to take into account all the important factors in a problem. Tolerance is another contributing factor which we lack. We are unready to hear the logic, whatsoever; it is, as it hurts our egoistic mentality. Community needs wisdom to be, tutored. The dissemination of knowledge has argued our capacity for evil, if our purpose is unwise. So with a continued increase of knowledge, a corresponding growth of Wisdom becomes imperative, if we want our community to survive.



I appeal to all think tanks, saner elements, policy makers, leaders and commoners to move ahead, change their mindset, develop the virtue of tolerance. Let each of us, exhibit broadmindedness, magnanimity, unity of thought and action till the goal is achieved, and never give credibility to rumours or feelers set afloat, consider it as a political gimmicks a war of wits to surpass the tormentors. Nothing is going to materialise without the general acceptability of the entire community which wisdom say- where we lack God's curse on our community.







# Magnetic power of mind

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Mind is our confidential natural advisor to lead us to righteous path as it is a privacy to our deepest desire and feelings that we may share with anybody else. The mind is a good servant but a bad master. A sound value system is needed for the mind to fulfill its role as a friend. It is the trusted one who often betrays. A powerful mind rules over weak traits not letting them to come into action.

In the present world, our mind usually indulges in weak traits such as selfishness, greed, anger jealousy, ego. A defective mind gradually pollutes and kills the spirit. When a mind is pure, it attracts only what is good and healthy. A pure mind does not let in any negativity to sin over unwanted desire. A mixed mind allows negativity which is fought back, while a fought mind is always pure to weakened vicious thoughts.

A corrupt mind drains away all vital energies and resources. It will be tormented by jealousy, hatred, anger and other types of negativity. It ruins the health of the body and spoils relations and fritters away all resources. It traps a person in a vicious cycle of sin, temptation and sufferings. His moral moorings are weakened his power to judge correctly is totally destroyed. So, it is the meditation and spiritual discipline which reorients our mind to the eternal truth that holds good for ever. Wisdom is to link the mind to a source that is constantly pure and positive, helping us to think only good things.



# Magnetic power of mind

Mind is our confidential friend, adviser to lead us in rightness. As it is a power to our highest desire and feelings that we must share with ourselves. The mind is a good servant but a bad master. A sound mind is a sound body. The mind is the key to the door of knowledge. It is the power that makes us what we are. It is the power that makes us what we can be. It is the power that makes us what we should be.

In the present world, our mind is very important. It is the power that makes us what we are. It is the power that makes us what we can be. It is the power that makes us what we should be. The mind is the key to the door of knowledge. It is the power that makes us what we are. It is the power that makes us what we can be. It is the power that makes us what we should be.

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# TOLERANCE- A virtue to inculcate

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Tolerance is a necessary condition which is urgently needed under the prevailing conditions to reconstruct our fractured community. Tolerance merely means putting up with people of different opinions. It is a quality of being able to accept things even if we do not like them. Tolerance is the only basis on which a civilized future can be built. A new order cannot be created on hatred and revenge. Worldly wisdom demand that we must build and reconstruct our fractured community on the basis of tolerance. It is needed everywhere, in all phases of life, in all activities, between classes, races and nations. A man easily points out the prejudices in other people but unfortunately he is not able to see the meaningless prejudices within him. It should not be considered as a weakness. Putting up with people does not mean yielding to all people.

Let us take the task of reconstruction of our shattered community on the basis of tolerance. When the task of reconstruction is completed, we may hope love can enter that mansion and love may then rule both our private and public lives. A new social order can be created only on the basis of love.

Tolerance, no doubt is a negative principle, while love is something positive. Tolerance is a very good principle of public life and the task of reconstruction



between various groups, ideologically different in our community or divide between Kashmiri Muslim & Kashmiri Hindus can be solved on the basis of principle of tolerance. Tolerance testifies our will power and help us to rationalise, analytically the feeler set afloat, to estimate its repercussion. Wisdom disapproves such figment of imagination. We as intelligent race can reap more harvest than to give vent to our infighting. AIKS praise worthy step to file a writ petition on behalf of the community, is itself a masterstroke, a political agenda of common masses .

Have tolerance, wait for the judgment, which to the optimistic mind will nullify all misdeeds and reverse all political gimmicks. These loose talks of self styled leaders are only figment of imagination, born out of frustration to spread rumours unmindful of its impact on community and its general acceptability.

I appeal to all critics, to wait, watch and have tolerance to see, visualize the political game played surpassing one over the other. Sweet is the reward of tolerance. Repose trust in acknowledged leaders as they are path finders, beacon light and saviours.



# Meditation - (Dyan) A Panacea for my Brethren

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'Pranayam' is a scientific device – the act of breathing (both inhalation and exhalation). Regular Assan is a pre-condition for meditation, as it tones up the body, keeps it physically fit. We need curbing the wavering tendencies created by forced exodus. This unexpected betrayal has multiplied our problems and we need a healing touch, which is only possible by meditation. It is a means to strengthen our will power, zeal and devotion towards our spiritual power and arm us, with a power to face our invisible foe-who claims to be our benefactors. Meditation provides a fertile ground in which the seeds of good health can grow, which is the main cause of our weakness to fight our tormentors. Better health is found in the integration of body, mind and soul and regular meditation aids in this integration process. Meditation helps in curing many diseases like calming and slowing of the heartbeat respiration, relaxation lessening tension and anxiety. After regular meditation, there is an increased feeling of well-being, less depression, better mental balance. Meditation helps in increasing our energy adding to our vitality, increases intuition and greater clarity of thoughts.

Dear brethren, don't feel discouraged. Please try this gift. It will change your life style, besides giving longevity



to life and at the same time will give you a stamina to fight our invisible foe "wolf in lambs clothing".

Poor health, will make us mentally, socially and politically weak. So trying meditation will not harm us in any way, but will give much in return.



# Pranayam “A panacea for disease free long life”

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Prana-enters the body through nostrils. All the functions of our body are directly or indirectly related to Prana. Without Prana there would be no life. It is the Prana which is the cause of life and death. Pranayam is a systematic exercise of inhalation which makes the lungs stronger, improves blood circulation, makes the man healthier and bestows upon him the blessings of longevity of life. Physiology teaches us that the air (Prana) we breathe in, fills lungs, spreads in the entire body, provides it with essential food (oxygen). Not only to the veins collect the dross elements from body, but take them to the heart and then to the lungs, which throws useless material like carbon dioxide ( $\text{CO}_2$ ), out of body through the expiration. When we inhale, it is not only the air or oxygen that enters the body but along with air, also enters a divine energy which keeps the body alive.

In the human body, lungs heart and brain hold very important position and they depend on each other heavily for their health. All the three organs command the other subsidiary organs and are under the influence of these three above said organs for survival, which needs to be guarded like the Honeycomb Lungs are made of about 750 million pores comparable to sponge in their making.



On normal breathing only 50 million pores in the lungs get oxygen and remaining 700 million pores remain deprived of the benefit, with the result that they get contracted by several diseases like TB, respiratory disease and several ailments like cough, bronchitis. Such a situation also affects blood circulation and heart becomes weak with premature death as the result. Happiness is the best diet. Just as good diet keeps the body healthy, happiness keeps the mind healthy.

Several diseases can be cured by regular practice of Pranayam. Mental disturbance like, excitement, anxiety, fear, anger, disappointment or other mental aberrations can be calmed down by regular practice of Pranayam. It also improves the functioning of the brain cells, with the result that memory and the faculty of discrimination and observation improves, helping a man to improve performance, concentration and meditation. A man who regularly performs Pranayam is required to take less number of breathes and therefore lives for a longer period.

So, Pranayam is a panacea – a nature's gift to lead a disease free, tension free, long and peaceful life in the present era of tension ridden life style. It costs nothing, but gives much in return. Pranayam exercise is a God's elixir for remaining healthy and all health conscious citizen profit by God's gift.



# My brief concern for the community

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I was born in a humble family, but to a spiritually elevated parents, who inculcated in me traits of self forbearance, sublime devotion, dedication towards all suffering masses, irrespective of caste, creed and colour which had been my primary objective of life. My conscience would never allow me to betray my well indoctrinated value, ingrained in me by my virtuous God like parents.

During my service tenure, I had to face all sorts of atrocities, discrimination, injustice from all quarters because of my speaking a spade - a - spade, opposing policies of favouritism, nepotism, Goody-goody men at the helm of affairs, following all moonshine policies of Governance, having oily tongue, devoid of milk of milk human kindness. I was taught to follow and tread the path of truthfulness, honesty, selfless service, purity in deeds and action. I was inspired to live a righteous life of purity, aspire for divine effulgence, crave for a contentment which comes from a true heart and by imbibing spiritual treasure, like wisdom, virtues, empowerment, goodwill and compassion.

But the greatest shock to my community in particular was spontaneous migration without any pre-planning which caught even the government unaware. There was brutalised killing to paralyse the structure of authority



into inaction and stupor. There was total collapse of structure of governance and the anarchy, with no spew of measures, no applying soothing balm to our fractured community but articulating the agony of Kashmiri Pandit. Not only this exodus caused untold amount of human suffering, but also threatened this small vibrant, socio-culture of original inhabitants of valley with extinction more so, now than in the past. Our customs, traditions, language, faith have got eroded. Today our existence and identity is going through a turmoil. Serenity and tranquility is lost. Our ethnic social and cultural homogeneity whose mosaic we have been managed to piece together during 20 years of exile is disappearing exhibiting a sordid tale of total neglect Offering in pittance, shanty towns for survival in return as a punishment given to my community for being patriotic Indian.

The greatest mental delirium to me is that we have suffered gross neglect, utter dismissiveness and stark abbreviation. It is unfortunate that Centre and state is following lackadaisical policy of Cojole and Coax, the anti-social, anti national elements and following vacillating policy towards traitors at the cost of Loyalists. The hapless Kashmiri Pandits looking askance at the bleak scenario that is enfolding before them.

I, wonder at the out of box solution brewing, gaffee prone schemes being floated at the cost of modest, meek, savant peace loving Community, which is to me the greatest shock, unbearable to my fragile mind.



# Past remembrances, its imprint lesson and recollections Part I

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Dating, by-gone days of my childhood, when we used to live at Habbakadal in Srinagar. In my teenage of early fifty's I used to accompany my aged uncle to the house of the then great saint presently revered as "Bhagwan Gopinath Ji Maharaj" a pious, elevated souls of highly spiritual magnitude.

As a carefree child, devout of my sense, I would feel fancy to accompany him, sit for a couple of minutes and depart with a promise to return, after playing. My uncle would often sermonise me by delivering words of wisdom and advise me to seek his blessings. To my bankrupt innocent mind, all such sermons seemed to me merely a figment of imagination, indoctrinated to woo people and create a regiment of mandane populace.

With the passage of time and development of maturation and moving in the association of elite, visionary spirits, the stark realities of life started unveiling to me. There was a sea change of heart, understanding and search for finding a path leading towards spiritual grooming. I started realising the golden words of wisdom, which he used to shower and spread through his discourse and sermons. A sermon had been lurking my mind that God-creator of universe make his presence feel



sooner or later in every body's life. He tests and has his own measuring rod to bestow his blessings. His ways are mysterious, well articulated, projected through some "Avtar". He exhorted his devotees to use speech sparingly like Ghee, not freely like water. He used to sermonise his devotees to remain untainted by materialistic desire, as they need spiritual grooming, to elevate self. He often used to murmur that the need is to give a rich spiritual food to mind, to make it more workable without any disruption, chaos. In his sermons, I recollect a few golden words of sanity which left an indelible impression on my mindset, such as:-

- a) If our mind is caught in bondages and problems of the past, we will not experience the joy of the present.
- b) To forget your trouble, remember God and repose trust in him.
- c) Condition your mind and remain cool under all conditions.
- d) Repose trust in God, then you will not be pinned down by man.
- e) The more you understand yourself, the easier it is to remain happy and peaceful.
- f) If you miss an opportunity, do not close eyes with tears. Keep your vision clear, so that you will not miss the next one.
- a) Two greatest healers are the God and the Time.
- b) Once you experience God, there is no need to look for anyone better.
- c) Contentment and bliss go hand-in-hand. These qualities create great fascinations for you, among others.



- d) Physical beauty is transitory, but spiritual beauty is permanent.

These are a few of the sermons, which I recollect, out of countless such sermons, which he showered to spiritually elevate his devotees. Today, I am fully convinced that for our starving mind we need spiritual grooming and that enlightened saint was an incarnation of God in physical form to spread the message of realism, development of soul, empowering mind to connect it, with the wireless lines of God and communicate, as and when, you feel talking. Training mind a powerful instrument, is the channel to talk to him. So the need is to elevate soul, load it with power to lead us towards the path of eternity, which can be conquered through devotion, submission and meditation.

Alas! I could not continue the pursuit of trust and proved myself unsuccessful to avail the bliss, when God was in motion to bestow his blessings. His sermon proved true, after a long spell of fifty years. Time has gone, opportunity is lost. There is nothing left, but only repentance.







# Past Rememberances, Its inprints, Lessons and Recollections Part II

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I was born in the coldest region of the State of Jammu & Kashmir called "Drass" in Kargil district which had been in the limelight due to enemies intrusion in the month of Sept. 1939 where my father was a petty Govt. servant feeding a big family of sons and daughters on a meager salary. I feel proud of my parents, though poor, yet they had a balance of mind, wisdom, selfless dedication, simplicity and cool temperament. I inherited a small fraction of such virtues from my parents.

From the very start, I was made to realize that it is the only struggle, hard work and honesty in deeds and action that can elevate a man to the highest peak of glory. Alas! My father who was a "Beacon light" left us all when I was in tender age. I had no other option but to discontinue my studies mid way and go in for a job to feed the family. I, being head of the family, had to complete the unfinished job of my father as a devoted son of the soil. I worked labouriously from dawn to dusk to fit my family socially and never made them to realise that there is something missing in us. To make my dream



practical, I opted for the job of a teacher, where I felt a channel to give vent to my pent up emotions as well as serving the poor, needy and helpless student community. My one and only one motive was to give maximum benefit to the students in respect of education.

Helping needy, helpless students remained my first target. At the same time I would see that my family does not feel deprived of any opportunity to prove their worth and receive the best possible education I would sometime go in for extra labour to earn more to feed and give special education to the members of my family. The result of this hard work, dedication and purposeful activity was that I was able to raise a well adjusted family socially viable and economically, self-sufficient. Luckily in my pursuit, I got my life partner who shared my concern with equal eagerness, as she had been modest, well disciplined and religiously devoted lady. In her company, I learnt many such unspoken messages which I had neglected so far. In my makeup, her contribution is the maximum. I understand that she had been an instrumental factor in the reformation of my ideas. She gave practical shape by advocating to live in a joint family, advising, heading uniting and carrying on, all the members with one mission that "united we stand, divided we fall"

She inculcated cultural ethos, social understanding, commitment to raise home and above all morality among her children, which I feel is the greatest God given gift to my family. Now, I am on the wrong side of seventies and do not feel lacking anywhere or incomplete. I feel proud that I played the game of my life to the best of my ability and wisdom under the given circumstances. To me, old age is no problem but has its compensation. I am a free bird to move, act, and do anything as per my conscience. There is no external pressure, by which I am dictated. I



do work and go by my inner conscience. I feel happy, contented and understand that I have played my innings in the best way, I could. I have no jealousy, no grudge, no envy, no malice, towards anyone but feel to share love—love—love with everyone, whosoever he may be, as I believe love is the greatest gift of God- a channel to reach Almighty.

During my six decades, I gathered my experiences, which I want to share with my readers. First of all, let us make it a point to serve our parents to whom we are indebted for our survival. We should completely surrender our self-interest and treat our parents as the incarnation of God on earth. If we show our utmost respect towards our parents, believe me our unfinished ambition will be accomplished with their blessings. This fact, I understand is lacking in our young generation and the cause of frustration, strife and misunderstanding in young ones is only our dishonest behaviour towards our parents.

Secondly, parents have forgotten to impart religious education to their children. Our children are ignorant of our rich culture and heritage. If our children are taught to follow the laid down principles of their religion, we will see our children will lead a self contented, emotionally stable and tension free life. Religious education is the only solace and the need of the hour is to be happy and good. Religious education will leave indelible impression and many of our miseries will fade away.

Thirdly, we have to make our children realise that hard work and dedication towards the profession. (whichever they have choosen) is essential to lead a tension free, happy life. Nothing comes from laziness. Prosperity of the family/nation lies in hard work and dedication. If we don't inculcate this spirit, a time will come, when the work culture will be dead.



Fourthly, we are living in an age of pollution, noise pollution, air pollution which has adversely effected the physical health of the coming generation. We are inviting numberless diseases if we ignore physical fitness and neat and clean environment, Along with earning, we need physical health, which comes not by sleeping for late hours but by undergoing many exercises. A walk in the dawn, will help us to, overcome tension, frustration, mental disorder which is very much seen these days. Fifthly, besides physical fitness, we need another type of fitness i.e, moral fitness, Moral fitness comes by doing good deeds, These good deeds are the only assets which we carry with us, while at the time of our death. I see young generation self-centred, and ignores that developing morality is the goal of a purposeful life.

Sixthly, one important aspects which I feel is ignored by our young generation is love for their motherland. No doubt, we live in an era of materialistic age where everyone is after money, but this lust of money-whatever be the means (fair or foul) has made us virtually slave. Race for accumulating wealth whatever be the means has made us barter our country's sovereignty. This lack of patriotism has created unrest, conflict, terrorism, divided loyalty and black mailing our country's sovereignty.

Let us make our children aware of our rich heritage, VIRASAT and let us not be led astray by false prestige. We have to imprint, inculcate, loyalty, patriotism among our children. We can make our family or nation really a paradise on earth only if we spend three, four hours among our family to understand & love our children. Our children need our affection, sympathy which they expect from us. Our parents prefer to stay out in hotels, kitty parties, clubs, bars and other activities which adversely effect the future of our generation. Let good sense prevail upon us.



# STRESS – a silent killer

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Stress is the main cause of disorder of health. We are so much habitual to it that seldom do, we recognize, its hazards. We have no tailor made solution to overcome with stress. Most of us do not know that brain cells talk to each other by means of chemical messengers. When a man is exposed to too much stress, chemical communication in the brain begins to fail. When these messengers fail, a person suffers from sleep disturbance, aches and pains, depression and anxiety. It has the physical and emotional effects on us. Negatively, it results in a feeling of distrust, rejection, anger, depression, which causes headache, upset stomach, insomnia, higher blood pressure, heart disease, and stroke etc.

Stress can cause both mental and physical symptoms. Mental symptoms can be felt in tension, irritability, inability to concentrate, troubled sleep, whereas physical symptoms of stress are visible when we feel dry mouth, difficulty in breathing, stomach upset, frequent urination, sweating, tight muscle that may cause pains and trembling. As the stress directly hits the brain and our capacity to enjoy the life, so, it must be controlled. Brain is an organ that regulates body functional behaviour and emotions. Neurons are the cells that fulfill these functions by passing signals across the synapse from one neuron to the next.



The human brain controls memory, vision, learning, thoughts, consciousness and other activities. By means of electro concept impulses, the brain directly controls voluntary behavior. The brains connects billions of neurons which are connected with one another in a complex network. All physical and mental functioning depends on the establishment and maintenance of neuron network.

So, one should know that, for the brains to be super-active, we need to have balanced food, sound sleep, positive thinking and many other conditions for happy living.



# An open letter to my young Turks of the community

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I salute with reverence my youngsters, who have been showing their quality of control forbearance, broader vision, understandability of carrying ahead the rich culture of our ancestors. Your parents had to flee, carrying their kids at a tender age, leaving aside physical wealth which they had accumulated to save honour, proving their credentials as a patriotic Indians. They have exhibited broadmindedness and an exemplary courage to face Jube inspite of all provocative slogans and pugnacious attitude of the tormentors, who choose violent means to create a situation of ignominy calibrated from outside.

**A. Youngsters tolerance** - Our young kids, in their formative age had to face unexpected miseries much against their wishes which culminated into countless miseries. They never forgot that the wisdom lies, bearing all atrocities in silence, but continued the pursuit of education under turbulent conditions of scorching heat, learning in make shift tents, rented accommodation, camp dwelling facing all odds. It speaks in volume of their rich culture, which they inherited and the broader vision they had conceived, believing that "knowledge is light, knowledge is might". Wherever they had to sojourn, they



maintained a balanced thinking, reason, logic and proved their mettle for being called worldly wise. They kept at a distance the path of confrontation and preferred to forget past temporarily for the sake of their career which was in the making. Usually such turmoil is an enough ground to fall in evil trap and create havoc by engineering negative thinking.

**B. Instrumental Parental Role -** Equally parents faced all odds of exodus, never faltered in the deliverance of their social accountability. They calmed down the tempest by their sagacity, broad vision to reshape the destiny. They adjusted themselves with the prevailing compulsion and never allowed negative thought to supersede the balanced mind. Parents preferred to come out of their cage in search for their physical survival facing all odds, trials and tribulation, besides insecurity. They continued their struggle in establishing supremacy and elevating self, socially, morally and economically. They continued exploiting channel of diversified educational fields and never thought of falling in the trap of evil designers. These sensitive, responsible parents, need all credit and praise who nurtured their kids in such conditionality, braving all odd situation of hostility.

**C. What opinion makers want -** The think tanks, elite members of the community, saner elements who matter in the community are of the firm opinion that there is a need to have a change in our attitude towards our children, in particular, sensing the radical change needed for preparing our budding youth for a global placement. We should arrest the trend of turning our future generation only of engineers, which is not enough. We should be capable to produce, out of our lot, more doctors, scientists, cricketers, singers, bureaucrats, business magnets, academician, politicians, military Generals and



more to fit in other diversified field, in whatsoever field they opt to excel.

**D. What we expect from young Turks** - In order to materialise this dream, the youngsters have to play an instrumental role in bringing a radical change in the mindset of their parents who need proper educational counselling in allowing their children to go out of the den in search of green pastures, try new avenues, exploit their mental capabilities to shine, in light of new political, social, economic scenario. It is only the young blood which can bring a wanted change in the mind set of elders. This is to be seen in a wider spectrum taking holistic view but with a myopic vision where vision of parents and dedication of children matters. We are no more caged in bondages but can move freely and fearlessly and experience God's given gifts of nature thrown open to us.

**E. Where lies community's well being?** - We have faith which can move the mountain and rich heritage, which we value more than our lives. Let us try to constantly hold aloft the flame of our distinct culture, religion and identity, when our existence and identity is going through a turmoil.

Hope to hear the saner advice from an elder son of the soil.







# AIKS - KSD Unity : herculean task made easy by think-tank

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Words fails me to express my immeasurable pleasure on reading in Koshur Samachar that KSD and AIKS have ultimately realised the gravity of the situation and accepted the community's demand for foregiong unity. The leaders heading the two organisations have enough capability, vision and understanding to do the needful. They both have rightly felt the wrath of the general masses and have exhibited an open mind to come to the compromising table.

I congratulate Mr. M. K. Kaw and Dr. L. N. Dhar, presiding two organisations with one objective and mission to work for the elevation of the for-lorn community. That both leaders have changed their hearts, forgetting the past, is a praiseworthy event. It is a pragmatic development to march ahead with more vigour and unified opinion. The changed heart should indicate feeling of oneness, unity of thought and action. This healthy change is praiseworthy and above all a necessity in the prevailing circumstances.

The root cause of our misfortune lies in disunity and our detractors take undue advantage of the resultant bickerings, manipulations and exploitation. The government also projects our community as a divided



house. Masses have a measuring rod to assess and understand the depth of dedicated leaders. There was apparently a drift in the minds of a section of the leadership, detrimental to the interest of the community. I carried a firm conviction that my community nurtured culturally with knowledge and wisdom shall work selflessly and bring in behavioural change, leading to a durable compromise.

None would deny the contribution of each organisation in doing a yeoman's service to a forlorn community. People shadowing both organisations have been transmitting wrong signals to tormentors who are in search of finding holes to weaken the noble cause. Thanks to the intervention of personalities like Mr. A. K. Koul, Mr. Zutshi, Mr. Moza, Mr. M. L. Bamzai, Mr. Sameer Chhangoo, Dr. B. L. Kachroo, Smt. Nancy Kaul, Mr. J. N. Koul-Padamshri and other think-tanks, who prevailed upon the two leaders to shun the egoistic attitude as community is proud of them. They have taken a vow to uplift the community morally and socially and give direction to find an articulated path at a time when the social, and political ethos are facing challenge.

One of the two organisation, had rightly approached the Supreme Court for a prayer to redress our sufferings. Decision is hailed by the whole community. The prayer is based on human suffering and its amelioration reflects the will of the community. As sufferers of negligence and apathy, AIKS has done a commendable job to knock the door of the apex court, However, the clarion call for floating a political party is a pressure tactic or we may call it a political gimmick. I understand no social organisation will join the political party as it is already clear.



Kashir Samiti had been playing a commendable role and the sacrifices of its members are unforgettable events. Presently they have been highlighting the problems of tehbazari-holders who are facing MCD hordes with bulldozers in INA market where they demolished 21 shops of Kashmiri migrant. Heartlessly and brutally their wares were destroyed. The samiti has been pioneer in keepig our culture alive by organising religious rituals and social events. The matrimonial advertisements are playing an important role in their endeavour to see that marriages are solemnized within the community. It has kept alive Kashmiri Culture by including the Kashmiri section in Koshur Samachar. It has also cast itself as an informative agent for reformation change and knowledge.

Let both the organisations identify, disassociate and distance themselves from such elements who work against community interest and not allow them to adopt an egoistic culture, which is going to harm the community and prompt skewed set of values among impressionable youngsters who have been emerging now as a dashing youthful organisations - Roots in Kashmir. Both the organisations have virtues of tolerance and wisdom to conceive, the repercussions of infighting.

Good sense should prevail upon us and both factions should hate to sell materialistic dream to the people.







# Man that matters - A Tribute to (J. N. Koul)

Padam Shri

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It is an established fact beyond doubt that it is only the men that matters in transforming the society for a radical change and bring change in their mindset. Every community have produced luminaries, who by their Razorsharp intelligence have reformed the society. Those personalities are God's sent ambassadors. Our Kashmir have been a dewelling abode for saints and savants. We should feel proud to say that our Kashmir has produced many such numberless social reformers, who by their sermons have brought a radical change. In our Kashmiri Pandit community we have seen many such personalities naming a few like Kasu - Bandhu, Shiv Narayan fotedar about whom we hear much.

I have a special affinity for intellectuals and social reformers, but dislike political leaders, because of certain reservations. One such great social reformer was shri J.N. Kaul who passed away on 16 Dec, 2008 in Faridabad. He was a great humanist and doyen in the field of childcare. He was reverentially called Papaji who by his dedication, proved the tallest among the social reformers in the history of Kashmir He was a towering personality, sagacious, always with a smile on his face friend and benefactor of one and all, optimistic in thinking. He gained popularity



because of conciliatory, constructive, progressive and approach. His service towards the Exile community have been monumental. His untiring effort and organizing capacity helped him in solving many a knotty problems faced by the community in general and displaced person in particular. He was an estoppel of wit, warmth and wisdom. He created a net work of friends in general and community Baradari in particular.

He was a down-to-Earth, a practical man, broadminded and believing in the service to mankind. Our customs, tradition, language and faith had got eroded due to unexpected Exodus which shook our identity. We have fallen victim of physical and psychological ailment. He proved a successful pathfinder, when our existence and identity was going through a turmoil. For him, the community interest was a prime consideration. He often would say in meetings that our identity as a Kashmiri Pandit has to be safe guarded at all costs, socially and politically. We need to arise above petty consideration and narrow-outlook. We need selfless leaders as the major challenge for the community is safeguarding its ethnic identity and proper rehabilitation. Our rich culture should not be allowed to be obliterated or wiped off. We should be faithful to our country and loyal to our faith. Let us live for the cause of community and deliver justice. Papaji had earned accolades for his immense contribution to the Kashmiri Pandit community.

He was the first pioneer personality to established S.O.S. children village. His mentors vision (Dr. Hermann Gmeiner) was to provide a child in need with a home complete with mother, brothers and sisters with education and vocal training and make sure that the homeless children grow into self sufficient individuals.



His unique achievement has been the setting up of three group housing societies naming

- a) Lalleshwari Vatika
- b) Sabzaar Vatika
- c) Gayatri Vatika

For which land was got allotted by H.U.D.A. due to his efforts, where about 190 Kashmiri Families live together with pride, dignity and fearlessly befitting our community.

Another achievement of praise was establishing community centre, Sharika Bhawan in institutional area in sector-17, Faridabad. This complex has auditorium, library hostel block, Pujari room, caretakers room, convention hall, common community facilities, prayer and meditation hall. He had conceived and implemented keeping in view social, cultural and spiritual need is, his another landmark achievement. It was only possible because of his great vision and selfless service.

He helped, those who needed medical' aid, and took care of those children who 'lost their parents, in India and abroad, leading to various awards and honours being conferred upon him.

Like most others in the community, confrontation was not his style. He had mastered the art of carrying all his friends and foe with him. He used to say that Kashmiri Pandit is a highly individualised person and to channelise him to the right path in a herculean task. We salute him for the establishment of "Ma-Sharika" temple complex at Hari Parbat at village Anangpur. It is carved in stone, the Holy Sri Chakreshwar in the temple dedicated to Maa Sharika. He believed that community needs to have cultural and literary centre to preserve their distinct



culture for which we are known. We have faith and rich heritage which we value more than our lives.

Let us try to consistantly hold aloft the flame of our distinct culture, religion and identity. He advocated for unity among the rank and file and also among different organizations which is the need of the hour. The first task should be to ensure the cultural and social cohesion of the community. He used to say that Parsis and Jews have faced similar turmoil and hardships. They did not feel defeated, but continued struggling till the goal is achieved. Their success was because of mindset. They value talent, ability to think differently and create an urge to innovate.

In his death, community lost a great man of distinction, value based social reformer, and a role model.

May God grant peace to the departed soul.



**PART - B**  
**Parkinson disease - its  
impact on elder members  
of the community**



## PART - B

Parkinson disease - its  
impact on elder members  
of the community



# THINK- Who is responsible for creating such conditionality ?

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I was emotionally disturbed to read out a survey report conducted by a group of eminent K.P. Doctors, headed by Dr. K.L. Choudhary, highlighting the various types of diseases which migrants developed. The root cause of all these diseases are disturbances in the well adjusted mode of living switching over from salubrious environment to hotter environment which caused, various ailment, among which, one of the incurable disease is Parkinson's disease. Parkinson's disease is a chronic (slow, long duration) disease affecting brain. It is a neuro-degenerative disease, meaning it is a disease of brain in which there is progressive deterioration and loss of nerve cells.

The specialized group of nerve cells which are primarily affected in Parkinson's disease are those of substantia nigra which also produces dopamine. As a result of degeneration of these nerve cells, dopamine level falls and the balance between various neuro- transmitters is disturbed. In Parkinson disease patients, there is a fall in level of dopamine and an apparent rise in Acetylcholine



(two neuro-transmitters) tilting the balance. In addition to loss of dopamine, there are other losses like serotonin, nor-epinephrine etc. The exact cause of Parkinson's disease is not known but it is proved beyond doubt that 80% of nerve cells in substantia nigra degenerates and symptoms of Parkinson's disease becomes apparent. I understand that migration, change of environment, tension, stress and strain and other factors are responsible for the Parkinson's disease seen in my community. Let us observe and see that the symptoms are visible in our old generation and young generation are becoming its victim such as rigidity and stiffness in the body. Tremor which usually starts from the hands, involves the entire upper limb, jaws, lips and tongue, slowness of movements and other activities disturbance of posture and equilibrium, quality of voice changes, face showing abnormalities, change in handwriting, loss of hand dexterity, depression and anxiety, sense of weakness, speech problem, dryness of mouth, disorder of balance while walking.

Who is responsible for creating tension, frustration and denying them their fundamental right to work, turning them idler? The greatest disservice of state of Jammu & Kashmir done towards our community is to render them workless by declaring them migrant employees, made them to fall prey to all sorts of disease, among them Parkinson's disease is one, affecting almost all elders of the community. Besides militants, State Government is equally a partner in the destruction of our community's identity, culture and ethos. Mere giving doles as survival allowance is no compensation to our sufferings. Is it a punishment given to us for being patriotic Indians? Morally, such puppet Government has lost credibility among intellectuals of the society as centre



Gandhi Memorial College Of Education Bantalan Jammu  
and state are involved only in drawing political mileage out of the tragedy.

Let us all vow, to show them the place they deserve and work for revival of lost identity, peace and glory of our culture. I have firm conviction; our community shall be the winners, in the long drawn game of survival of the fittest. Let us not loose heart, courage and muster strength, to reply them as per their desirability and restore peace, serenity and tranquility of pre-militancy days in Kashmir proving our credentials as an elite community of sages and savants.







# What Doctors Say- about parkinson disease (Part - B)

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Doctors say that the disease is the outcome of a disorder of the mid-brain. There is lack of dopamine or fall in its concentration in the brain, which gives rise to its sign and symptom of Parkinson's disease. They say it is a chronic disease affecting brain. It is a disease of brain in which there is progressive deterioration and loss of nerve cells. None knows when it starts in him. In 1817, an English neurologist James Parkinson described its sign as a shaky palsy. There is a degenerating nerve cells, dopamine level falls and the balance between various nerves-transmitters is disturbed.

**Doctors lay down the following causes for its development such as:-**

- 1) Ageing factor,
- 2) Environmental Factor

## **Symptoms:**

1. Stiffness (pain, aches) affecting limbs both upper and lower portion and in neck
2. Tremor of hand spreads to entire upper limbs. It is more marked when the part is moved again to increase in the new position.



3. Slowness in activity
4. Disturbance of posture and equilibrium.
5. Loss of hand dexterity
6. Pain and other discomfort
7. Abnormal Posture while walking.
8. Feeling loss of balance
9. Depression and anxiety
10. Constipation
11. Loss of memory
12. Loss of appetite

### **Complication of parkinson disease**

Parkinson's disease is a disorder in the nervous system which is slowly progressive. The disease becomes severe and its complications start, such as:-

- a. Dryness of mouth
- b. Constipation of (acute) nature, making him restless.
- c. Swallowing difficulty
- d. Speech problem
- e. Fall and poor balance while walking and even standing
- f. Sleeplessness (Insomnia)
- g. Depression, stress, tension, tiredness.
- e. Memory impairment i.e. forgetfulness

### **My opinion about parkinson disease**

- a. It is not due to ageing, as it can happen to all, as we read recently in a newspaper that Hollywood star Micheal J. Fox suffered from Parkinson disease when he was at the age of 30, when diagnosed.



- b. Several famous personalities like (a) Salvador Dali, (b) Adolf Hitler, (c) Moezedong, (d) Mohd. Ali Boxer (e) Paul John Pope II were all associated with the degeneration disorder of the central nerves system that affected movement, speech and posture. Parkinson disease is now becoming a reality like other diseases. More and more patients in their late 30s to 40s age groups are being diagnosed with the disease. Till recently less than 3% per lakh of Indian suffered from Parkinson's disease between the age group of 30s to 40s. Now doctors say that number has increased. It has been estimated that in India 360 people per lakh suffer from Parkinson's disease

### **Why it is on the rise**

My conviction is that we are living in an era of stress, strain, passing through a stage of jet setting. Modern day life style- where there is tension, stress, improper life style and untimely diet, inadequate sleep. I find no visible cause in my case but understand, it is due to environmental change caused due to migration, shifting from Srinagar to Delhi. Where we had to follow a different life style. This migration added multiple problems such as unbearable temperature, shift in life style, stress & strain, mental tension. Our body was accustomed to one set of living and to switch over to another system caused the disease. Possibly there may be another reason associated with my job, where I had to tax brain as a teacher, which may have caused rapid deterioration in the nerve cells.

### **What shall we do to save against the disease**

It is an established fact that there is no cure for the disease as yet. The cause is still a mystery. Research is going on. We have to be our doctor. We should go for



limited work, but keep ourselves busy. We should develop neat and clean habits of living, enjoy and modify our life style to simplicity. We should wake up early, go in for a morning walk. If possible attend yoga classes Pranayam, meditation and take the disease lightly. We should keep mind strong, as a strong mind will lessen our pains and other complications. Let us develop positive thinking, strengthen willpower to face the disease boldly as we have to face and see many complications, as the disease advances. We have to develop simple life style. Follow strictly the advice of our doctors, rely on them, trust in God and march ahead boldly as it is God's will. Man has to submit himself to the will of God. Only firm determination, willpower to sustain pain, following doctors advice by taking medicine as per their directions; as they are the saviour of our life can help us to live for a longer period, painlessly.

Rest leave to God as his ways are mysterious. Be bold, muster Courage, live like a lion, face death like a warrior, who fights the enemy with all might in the battlefield. I have moulded my life style to the simplest possible option. Simple living and high thinking, always optimistic and keeping mind relaxed by reading, writing and listening radio programmes and songs so that I am occupied in these activities. By this policy, I am able to shun the pains of disease away.



## **VISIBLE SYMPTOMS MUST FOR PARKINSON DISEASE**

### **A. THINK IT OVER**

#### **Must for Parkinson Patients**

To live a meaningful life, we need three types of fitnesses, viz. physical fitness, mental fitness, moral fitness. We wake up early, go for a morning walk, give exercise to all parts of our body to get flexibility, which is an important condition needed to combat Parkinson, when they find their body stiff - a symptom causing pains, aching affecting limbs, body's upper and lower trunk and neck.

The next fitness required is mental alertness, which is essential, as the disease is the outcome of disorder of the brain. It is a disease of brain, in which there is a loss of nerve cells. It is very important to keep ourself mentally alert. We have to give exercise to brain, as we give to our body. Mental exercise means activate mental power of thinking, reasoning, understanding. For this fitness, people develop a regular habit of reading newspapers, magazines, books of their taste and keep brain occupied in thinking activity. By doing so, the brain and its degenerating process slows down.

The next fitness needed at a later stage of Parkinson disease is to keep self morally fit. We should associate ourself with social activities, service towards humanity, selfless dedication will strengthen our will power, determination and inculcate in the patient the strength to move ahead socially and spiritually. Self empowerment of soul and mind will lead him to the path of union of Atma with Parmatma - the ultimate goal of life.



All of you, must have felt the necessity of acquiring all the fitness. The earlier we realise the hidden treasure – the easier will be for us, to face the pangs of incurable disease.

### **B. How to fight slowness and tremor (Brady Kinesia)**

Slowness and internal tremor are other symptoms of Parkinson disease. This degenerating process of nerve cells can be controlled by regularly going to Yoga centre, go in for Assan, Pranayam, Meditation, walking (mornings and evenings). There are special exercises which counter slowness and tremor. Ways of God are mysterious. We cannot undo it, but atleast can delay its degenerating process, by following the scientific principle that for every action, we have to apply equal and opposite reaction, to make its process slow.

### **C. Ultimation to Constipation**

Doctors declare that constipation is its visible symptom. Regularity in attending call-of-nature is a sign of fitness. We can try and take such diet which does not cause constipation. Consumption of leafy vegetables, will help to combat with such constipation. Constipation makes us restless, feeling of heavy stomach causing stress, strain and headache. As we fight with others never allowing them to win over. Similarly we must use various types of Ayurvedic chooran and the best would be to use Isabgol, everyday or on alternative days, as the condition warrants before going to sleep. You are sending your force, to fight the weak enemy to pull him out, peacefully.

### **D. Do not sleep during the day**

I see most of the Parkinson disease patients complain of Insomnia and ask doctors for tranquilizer. By our



action, we oppose the law of nature. God has created day to work, night has its own function to give rest to the body organs which are active during the day. As we are idle, thinking all the times that we are ailing, we feel rest is the best. We go to sleep soon after lunch, we are harming ourself in two ways. Soon after lunch to go to sleep is to invite obesity, stomach disorder, laziness, allowing diseases to overpower. Secondly we have nights to sleep ranging from 6 to 8 hours to give rest to our organs. If we sleep during the day we will have to keep ourselves awake which again is harmful to our health. We must enjoy deep sleep because disturbed sleep will add to our ailment. So make it a habit never to sleep during the day time, whatsoever, be the condition. We should keep ourself engaged in any activity of our taste like reading, writing, talking to family members or other alternative or to watch TV/Radio and get occupied in that activity. Asking for medicine is to become habitual. So make a determination, not to sleep during day, which is the advice of our doctor.

### **E. Doctors - Our saviours - Trust Them**

Doctors advice should be considered final and binding. It should not be taken lightly. They are our saviours, benefactors. Strictly follow them blindly, as their advice is loaded with meaning for our recovery.

Regular consumption of medicine is a pre-condition for the process to slow down, degeneration of nerve system or progressive loss of control of movement. Doctors have thorough knowledge of how to check decay of neurons in the brain that normally produce dopamine. They fix the dosage, after assessing the damage. Those who ignore direction are inviting pain and rapid accelerating of neurological disorder. I understand, they are enemies of self when they disobey their saviours.



## **F. Walk Straight - 'Don't Invite Old Age'**

while walking, talking, adopt a straight posture. Once this posture is disturbed, to bring it back to its original posture is difficult. This symptom is visible in almost all patients of Parkinson disease. It is an inward disorder, but to react, we need courage. While walking, walk straight. Never give a chance to the body to bend. Once their abnormality starts over-powering us, we are defeated and this abnormality gives rise to disturbance of posture and unstable equilibrium. It accounts for loss of balance and I understand makes us older, dependent and depressed. So, make it a habit to walk straight, sit straight and be conscious towards the posture. This depends upon the will power and determination of the patient as it has a connection with the disease.

## **G. Modify lifestyle to simplicity**

We are living in a materialistic competitive, fast changing world. Everybody is after money, name and fame. Simplicity was the talk of the by-gone days, when people felt happiness, solace and satisfaction - the sole reason of their disease-free life. The western influence have made us competitive in nature, to supersede others. If any one, is in a race with us, we feel jealous. This jealousy develops stress, strain and we work beyond allowable capacity. We ignore timely diet as we are seen always in a hurry. We act reverse to all the well laid-down principle of nature. The lust for money, power makes us restless. We keep awake late hours working, feel-good in going to hotels, clubs to rank ourselves, to be counted among elites. Though going for fast food may give us a transitory taste, but ultimately, we are ourselves responsible to invite disease causing damage to health. Patients of Parkinson disease have to discard all those



habits which are detrimental to health such as overwork, modern life style. We should modify our dietary habits and must follow verbatim instructions of our doctor. We must understand and realise that we need, relaxed mind and body, feel physically , mentally and morally alert. Change is needed in life style and always remember Gandhiji's Message "Simple Living & High Thinking" makes a man healthy, wealthy and wise.

## **H. Positive Thinking - Booster Dose For Recovery**

There is a wise saying that nothing is good or bad, but thinking makes it so. We need change in mindset. If we think negatively, our action will accordingly react, causing trouble, stress and strain, tension, which is the outcome of our mind. If our thinking is positive, we will be optimistic, hopeful against hope. We will develop Rationality, turn generous, show magnanimity towards all and hatred towards none. Positive attitude or thinking will help us to face the pain and inculcate, willpower, tolerance to face the visible complications of the disease. All of us are aware that so far this disease is incurable, but be optimistic. We will soon see the day in coming years to find curable treatment for this disease. God is testing our determination, willpower and empowerment of self. Research is going on, vigorously on war footing all through the globe and by coming years, we will have its medicine, which is my firm conviction.

## **I. Why Protection of Brain is necessary**

Parkinson disease is a disorder in which there is progressive deterioration and loss of nerve cell. Parkinson patients are unfortunate, as it effects growth, nutrition, secretion, self preservation, all take their direction from an originating centre brain. In the completely developed human organism vital action is controlled from the central



nervous system. The central nervous system may be compared to a dynamo. As a dynamo is a machine, driven by stream or some other force, central nervous system is a machine driven by chemical force called food, which converts into vital energy in the form of nerve current. Any disturbance of conditions at the central power station causes speech problem, depression, dryness of mouth, constipation, freezing, balance problem, memory impairment.

So patients suffering from Parkinson disease, should try to protect brain from any injury, as they are already unfortunate, to have developed a disease, for which, still the cure is yet to be find out. So, read, understand its vital role and what should you do to see that the degenerating process which has taken place, is slowed down, if you want longevity of life.

## **J. Hallucinations - A Manifestation of Weak Mind**

During my ailment when it was uncontrolled, I would feel some voices whispering in the room or feeling shadow like image somewhere near me talking. I on my appointment, with doctor related the development to him, who enquired for how long I had been feeling such phenomena? He changed the medicine and reduced the dosage of another medicine, and on enquiry, I was told that this is called "Hallucinations". It occurs usually in psychiatric illness, but this also can happen in Parkinson disease. If some patient feel this phenomena, we must at once , consult doctor. Doctor alters the medicine or add another medicine which will suppress hallucinations. Don't feel shy or disturbed, consult doctor, who can find the root cause and add or substitutes the medicine. It is a minor problem at the initial stage, but if kept secret, will turn deep-rooted and give birth to many complications. So the wisest policy is to nip the evil in the bud.



## **K. Forgetfulness- a curse**

I met a Parkinson patient, who hailed from Punjab. Physically he looked strong but I felt that he had damaged his memory beyond repairs. He had impaired memory as he did not remember his last visit to hospital. He could not form a judgment, if the medicines he consumes, is showing any effect or he is making a futile attempt. His way of talking was irrelevant. He seemed confused, losing way, inability to control urine. His caretaker told me that he is well now but some of his friends depressed him, about the disease. Since then he has lost all hope to survive. But on my last visit, I saw a miraculous change in him. He recognized me and even called me by name. I was wonderstruck to hear, that the positive lesson tutored by me was well taken over and in the company of Bhajan Kirtan, Satsang, he bought back his thinking on right direction.

I salute the courageous attitude, he followed to correct his impaired memory which doctors say was the outcome of self determination. Doctors call this abnormality as Dementia. I agree with A.G. Gardiner who wrote in essay "On pockets and things". He had the habit of forgetfulness. He would keep all documents in his pockets and when he got time, he would draw the document and nothing was lost. All of us, should follow his shown path for those patients, who have developed forgetfulness.

## **L. Speech Problem**

I used to often meet a young gentleman of mid age. He refrained from talking to anyone and whenever, I would ask him about his business. I could feel he felt shy and replied in yes or no. He spoke at the beginning, it



was very mild and was unnoticed. But as the disease advanced, it become more apparent. I noticed many such cases with different form, some had low volume voice. In maximum, I saw, speaking, incorrect pronunciation, repeating words, sentences, numberless times while making a speech, they would forget what to speak and either leave the place or talk off the point.

After understanding the problem, I could feel if we read a book or a newspaper loudly or keep himself absorbed in talking with family members we can correct this defect. Speak slowly and thought fully. Do not feel shy of speaking. Speak-speak-without any hesitation. Once you over power this hurdle, you will accumulate idea, have consistency and be "able to express your mind".

### **M. Two discouraging symptoms- slowness and freezing making the patient helpless**

Parkinson patients are already tense due to various symptoms such as stiffness, tremor, slowness, disturbance of posture, weakness, pains and other discomfort, depression and anxiety which makes them almost invalid, useless and a feeling of burden on their caretakers. It is such a disease which cripples a man's social, political, economic activity. His dependence on others for smaller activities makes him feel that he is a burden on his dependents. Two symptoms which appear with the advancement of disease are slowness (Bradynnesia) and freezing. Slowness of movement is one of the cardinal features of Parkinson's disease. All the movements are slowed down including blinking of eyes, facial expressions, swallowing, dressing up, bathing. It took me only 10 to 15 minutes but now it takes 30 to 40 minutes. Even a person, other than his family members on seeing



him, understand that there is some abnormality in him.

Secondly, we see freezing occurs quite commonly in patients with advance Parkinson disease. I have seen many such patients in hospital waiting for their turn to consult the doctor. When freezing occurs all movements come to a stand still usually walking, eating, speaking or doing any thing with hand. We feel helpless and patient has no control over it.

To combat with these two complications slowness and freezing' Let the activity be slow, but try to be independent. Let it take time as he has nothing to do, but doing any activity slowly does not matter. It matters, only if we stop doing. Similarly freezing means movement coming to halt. It is transitory. If the feet stuck to the ground, concentrate on toes and try to remove it, the rest of the foot will be free. Never be disheartened, ask the caretaker to give you rocking movement by holding shoulders.

### **N. Dykinesia – A horrible depressing scene**

The most disabling complication which is seen in patients suffering from Parkinson disease in Dyskinesia. It means there is involuntary movement which are irregular and dance like. It involves arms, legs, turning of whole trunk. When some one has dyskinesia the movement involves arms (which may go up, backward or twisty or may involve the trunk with twisting or turning of the whole trunk. Doctors say that Dyskinesia may occur when the effect of drugs (Levodopa) is at its peak. The patient should be immediately shown as it is the right time for doctors in making the right adjustments in the drugs. It is the doctor only who can then decide whether increase or decrease in dosage and also if the drug needs a change, sometimes.



I have seen many horrible cases, which are heart rendering and even depresses a man like me, who has a strong willpower, determination and a strong heart. Think of those weak-minded people, who are extremely depressed and if advised to consult doctor, they disagree and feel it, the end of their life. I advise such patients not to be disheartened, muster courage, go ahead, consult your doctor who is the saviour. Once, he leaves us, it is still not the end but there is another bigger doctor, ahead of all -God whose will is final and irrevocable.

Till then, we should fight like a brave lion and face death with open challenge.

### **O. Handwriting – a visible change**

A change in hand writing is a common symptom especially if the disease starts in the right hand. Initially the size of the hand writing is normal but at the end of the sentence words become so small that they are not legible. There is a loss of hand dexterity. Sometimes all the words are small and the hand writing is like a scribble. Activities requiring fluid, smooth and rapid movements of fingers are affected. Activities requiring fine movements become difficult to perform.

### **P. Depression and Anxiety**

The patient becomes depressed, loose interest in all activities, less sleep, no interest in eating, feels hopeless as there is nothing in the future for them. This depression is reactionary and is because of knowledge about illness. Many a times symptoms of depression e.g. lack of expression, stooped posture, slow speech, slow movement cause anxiety. Sense of weakness is felt, when there is no true weakness, visible.



## **Q. Change in Voice & Dizziness**

Change in voice, dizziness on getting up, swelling of hands and feet, disturbance of autonomic nervous system, swallowing difficulty, speech problem, fall and poor balance, depression, memory impairment are the other visible symptoms in Parkinson patients. As the disease advances, the voice become more soft and less intelligible (difficult to understand) so much so that it becomes an inaudible mumble. There is festination of speech . This is further aggravated as saliva collects in the mouth along with drooling. Dryness of mouth is a common problem. I have been passing through all symptoms, for the last five years. I am mentally ready for all the eventualities any time, to face. I had been a lion, lived like a lion, and would like to die like a lion, braving all hardship till the end. Oh God! Give me the courage to face the challenge with all might.

## **R. A Thought for Today**

Ailing gentry who battle, despite all the uncertainties, should repose full faith in God, condition their mind and remain cool under all conditions. The two greatest healers are God and Time. Be God fearing in the worst movement, go to a temple, elevate and empower mind to connect it with the wireless set of God and converse as and when needed. If there is no filament in a bulb, there is no light, if God is not in our life, there is no light. Once you experience God there is no need to look for anything better than him. Muster courage to die a peaceful, painless death with malice towards none, but love towards all. God's ways are mysterious. He has an affectionate heart to hear, if the approach is submissive, appealing and surrendering to his will. Have full faith in him. He is the ultimate healer, super doctor and his mere



look, smile and bliss had healed the fractured hopeless patients in millions, but believers.

## S. Guiding principles for honourable survival

Hope, optimism, faith and positive thinking should be the guiding factor to fight against injustice meted out to any individual, group or community. Hope is more emotional and less intellectual than optimism, which refers to a positive attitude based on rationality. Hope is subordinate to faith. While hope is emotional, faith is divine inspired. Hope is distinct from positive thinking, which is a therapeutic process used in psychology for reversing pessimism. Hope sustains life. Hope keeps us afloat. Be brave, cultivate hope against things going wrong. This is a message for fickle minded, unhealthy people, who have lost all hope for survival.

Those who follow the well laid down principle of living a meaningful life, can enjoy life in its entirety. We have to change our mindset, go ahead with the conditionality.

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**I was born in a humble family but to a spiritually elevated parents who inculcated in me, traits of discipline, sublime devotion, dedication towards all suffering masses, irrespective of caste, creed and colour which have been my primary objective of life. My conscience would never allow me to betray my well indoctrinated values ingrained in me, by my virtuous God like parents like truthfulness, honesty, selfless service, purity in deeds and action.**

**My life had been a life of struggle, trial and tribulations, full of hardwork and selflessly working for the community in exile eversince exodus from Kashmir.**

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